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YEAR 28, NUMBER 4

APRIL 2018

The East Shore Mainstreet

KOOTENAY LAKE BC

Serving the East Shore Communities of Boswell, Gray Creek, Crawford Bay, Kootenay/Pilot Bay and Riondel



Precia Kelly leads her family on an East Shore trail.

Photo by Bohdan Doval

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April 13 (Friday), 7pm: Mat Duffus is an engaging family friendly entertainer featuring music from Louis Armstrong to Lady Gaga, along with magic, comedy, encouraging interaction and audience involvement. Mat's music is mainly popular top ten material of all types from the 1940s to 2017 along with some originals played on acoustic, amplified guitar, harmonica and vocals.

April 27 (Friday), 8pm: Jurassic Mike! Whether it's 50's rock, 60's psychedelic, 70's pop or 80's-with a dose of Blues and some fun Country, Jurassic Mike encourages his audience to sing along, and requests are always welcome.



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Mainstreet
Meanderings
by Editor Ingrid Baetzel
Medals of Bravery for East Shore Locals

Governor General Julie Payette's first official visit to B.C. included a list of honours bestowed on people for their public service, acts of bravery and volunteer work, including a few East Shore locals.

The ceremony took place Wednesday, March 21 2018 at Government House in Victoria. Paul Hindson, Juergen Baetzel (both of the East Shore) as well as Tobias MacDonald (previously from the East Shore, now Vancouver) and Brant Hannah (of Calgary) were present to receive their medals for their



roles in saving the life of pilot Michael Kantoich in August of 2014 when his small plane crashed near the Crawford Bay airstrip on the Kokanee Springs fairway across Highway 3A. Carol Van Ruymbeke

was not able to attend, but also received a medal for her role in the event.

Jane Lavalee, the passenger in the plane, lost her life on the day of the accident, despite valiant efforts to save her, but Michael survived and was also present at the ceremony in Victoria, as well as Carol Sales (the aunt of Jane Lavalee), who was responsible for the nominations and making the recognition happen.

Governor General Julie Payette and Lieutenant Governor Judith Guichon were present to bestow these and many other honours to Western Canadians in the areas of bravery, volunteerism, merit and service.

April 21, 2018

BEACH CLEANUP

On Saturday April 21, Friends of Kootenay Lake Stewardship Society will be hosting **Earth Day Weekend Beach Cleanups** around Kootenay Lake. Join us at **Crawford Creek Beach, 10am, April 21** to help out your lake by combing the beach for trash. Gloves & bags, refreshments, and fun art/games will be provided.

Nature enthusiasts of all ages welcome! Please bring a rake, bucket & to-go mug.

More information, visit our website:
www.friendsofkootenaylake.ca
or like us on Facebook and Instagram.



Friends of Kootenay Lake
Stewardship Society



OFFICE DESK
Box 140, Crawford Bay, BC, V0B 1E0

Editor: Ingrid Zaiss Baetzel (since 2002)
Retail Distribution, Subscriptions, Advertising, Layout:
Ingrid Zaiss Baetzel
(Subscriptions: \$40/year within Canada, \$50 to the US, and \$75 Internationally)
Phone: 250.505.7697
Email: mainstreet@eshore.ca
Proof Editor: Doreen Zaiss
Writers: Community

Article? Letter? Etc? Drop off at Gray Creek Store drop box, mail to Box 140, Crawford Bay, V0B 1E0
or Best Yet, Email to: mainstreet@eshore.ca

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LETTER TO THE EDITOR

RE: THE KOOTENAY LAKE FERRY SYSTEM

March 21, 2018
The Honourable Claire Trevena
Parliament Buildings, Room 305
Victoria, BC V8V 1X4

Dear Minister,

I am sending you a copy of my submission to your Ministry which asked for input regarding its decision to "improve" the Balfour ferry landing.

Issues: There are two related issues. One flows from a decision made by the Ministry of Transportation regarding the Kootenay Lake ferry. The other issue is the inadequacy of the present ferry system. With regard to the first issue, the Ministry did not seek to advance the common good, did not follow due process, did not seek to gather information significant to the decision, and did not live up to the terms of its mandate. It has become obvious that it deliberately steered the process toward a predetermined outcome. With regard to the second issue, the present ferry service is not efficient and up to meeting the demands of present day traffic.

Those impacted by the Ministry's decision and policy: The Ministry's decision and policy have a negative impact on two of the three user groups that actively use the ferry. Negatively impacted are East shore people who rely on the ferry to access services on the West side of the lake. These are services that are not readily available on the East side. They may be of an educational, professional and commercial nature, or work-related, health-related, safety-related. The second user group that is negatively impacted is of a commercial nature. It involves those who transport goods and raw materials, and those who drive services trucks.

Ideal outcome: The ideal outcome is for the Ministry to review its decision, to gather and consider all information available, to consult all stake holders, and

to live up to the terms of its mandate. These terms include advancing the common good and advancing "good ideas regardless of where they come from". Conducting a needs assessment and consulting with actual ferry users would be a good beginning.

Role the BC government currently plays: The role currently played by the BC government is unclear. The Ministry of Transportation appears to be operating independently from the BC government. We are theoretically represented by the Minister of Energy, but this person chose to become an advocate for a lobby group; i.e. the Balfour/Queen's Bay Coalition. She has displayed little interests in the needs and well-being of the East Kootenay segment of her constituency.

Role the BC government should play: The BC government needs to prevail on the Ministry of Transportation to live up to the terms of its mandate, and to not let its policy be based on false information and the lobbying efforts by private interests.

What next: The next step is for the Ministry to stop pursuing its present course of action, and to commence an information gathering process. It needs to consult with knowledgeable delegates from both sides of the lake, and work toward establishing a common ground and mutual understanding. Its present course of action only serves to create divisiveness, conflict, frustration and anger.

Background: The two Kootenay Lake ferries in service are a major transport link connecting the East and West Kootenays. Occasionally they are the only link. The present ferry route is from Kootenay Bay in the East Kootenays to Balfour in the West Kootenays. There is a large 80 car ferry and an undersized 28 car ferry. The latter is unsafe and obsolete. It no longer meets marine standards.

Crossing the lake takes about 35 minutes. When traveling from Kootenay Bay to Balfour, the ferry

must slow down when it reaches the southern part of Queen's Bay because of shallow draft and sand shoals. It marks the area where the lake ends and becomes a river, even though it is commonly referred to as the West Arm of Kootenay Lake. The Balfour landing is located in the West Arm.

Before the last provincial election, the Liberal government announced an intention to change the ferry landing from Balfour to Queen's Bay North. The reasons for this intention were threefold; 1) It cuts the passage across the lake in half, 2) It is a deep-water crossing, and 3) Queen's Bay used to be the docking site of ferries early in the twentieth century.

When confronted with these proposed changes, the Balfour and Queen's Bay communities united in an effort to maintain the status quo. They received a \$9000.00 grant from the Regional District, gathered signatures from various sources, and obtained the support from their MLA (who also happens to be our MLA). As a result of this lobbying by private interests, the Ministry of Transport made the decision to retain the terminal in Balfour and to spend money on "improvements". In order to legitimize the decision, it held a consultation with the general public in the Balfour area. No such meeting was ever held on the East shore. And thus, public policy was driven by lobbying, not by advancing the common good.

The irony of this situation is that the people of Queen's Bay and Balfour are **not** significant users of the ferry. There is little to draw them to the East shore of the lake. For East shore residents however, the ferry service is an **essential** one. They rely on the ferry for services that are not available otherwise. Cranbrook, which is too far and too difficult to access in winter time, is the only centre that matches what Nelson has to offer.

Continued on page 4...



RDCK Area "A" Update

by Garry Jackman,
Director - Area "A"

CBT-CIP (community initiatives program)

As stated last month, the application intake for this year closed on February 28, 2018. Across the RDCK there were 312 eligible applications submitted requesting a total of \$2.62M. For Area A alone we received a total of 49 applications for \$92,949.66. We have an allocation of \$36,389 this year, which is only 39% of the requested amount. Once again it will be a challenge for the community panel to come up with a balanced recommendation on what to support.

The public meeting where the applications will be reviewed will be on April 25 starting at 6:30pm at the Boswell Hall. As I stated last month, holding the meeting at Boswell for a change will be fair to those who have driven year after year from Wynndel to Gray Creek plus holding the meeting a little later in April takes advantage of slightly more daylight. Recommendations for allocating funds will go to the RDCK Board date on May 17 for approval. Final results will be made available on the RDCK website at <http://rdck.ca/cip-aap>. A 13.9mb file can be downloaded from this site now if you want to see a list of all of the applications.

Recreation 9 grants

Applications for the spring intake of Rec 9 grants are due by noon on April 19 2018. Please complete the application form in its entirety including a list of Executive Officers, a copy of the organization's lat-

est financial statement, and additional information as needed to a maximum of five (5) additional pages and forward seven (7) copies of the completed application to: Recreation Commission 9, Box 208, Crawford Bay, BC V0B 1E0

The meeting to review the applications and make recommendations to the RDCK board will be held at 3:30 pm on April 26 at the Crawford bay School. Applicants are welcome to attend and speak to their applications.

Kootenay Lake Ferry Project

I have seen a great deal of public feedback on this issue over the past few weeks (mainly through being copied on submissions made to the Ministry). I believe that in the long run safety and capacity are the two key issues. It is difficult to know whether the Ministry actually wants to resolve all of the safety issues or continue with risk when the means to mitigate or eliminate most of the risk were identified almost two years ago. Community impacts are also an important concern, but unfortunately the presentations by the Ministry did little to build any sense of understanding between communities. Rather they came and went with two totally different sets of proposals (2016 and this spring) leaving a large number of frustrated residents behind with partial understanding of the concerns held by their neighbours. I believe the social, economic and environmental analysis fell far short of being adequate for a project of this magnitude with a 50 year life span. I hope this will be recognized by Ministry staff and our provincial elected representatives.

In your own words

Back in January I reported on a project to gather community input on local priorities and concerns. In parallel we have been asking business operators how they can be better supported. The exercise will result in

a better focus/use of economic development funds for the coming years. I must say I continue to be impressed by the large turnouts we have at our community meetings, compared to those seen in much larger population centers (see also comments below on budget meetings). This reflects the strength of our community champions who take an active lead in improving and maintaining facilities and services which are important to us. The recent forum held on March 16 held at Crawford Bay School brought out 68 people who signed in and likely more who missed the sign in sheet.

2018 Budget

Public presentations of the 2018 budget were held in several communities as scheduled. I note with interest that one of the largest turnouts was for the Riondel session. The only other session I heard of with a larger total number of public attendees was Castlegar where there is currently some contention over the recreation complex referendum proposal. Per capita I am sure we had a larger turnout. The public session in Creston attracted two residents and the session in Nelson at the RDCK office attracted zero. I have suggested to our board that future RDCK budget presentations not be held in cities or larger towns but rather in rural community halls where residents may take more interest in how their tax dollars work locally or in shared services with neighbouring communities. I usually have the budget package with me so if you want to sit down as individuals or in groups to go over the details of the budget the offer remains open.

If you have questions or comments on any topic please drop a note to gjackman@rdck.bc.ca or call me at 250-223-8463.

Deadline: Apr 25/18
mainstreet@eshore.ca



Hidden Taxes

by David George
Life in Dogpatch - Part 2

Spring is here on the East Shore after a winter of some discontent. Our not quite new provincial government is struggling with a lot of debris left behind by the last set of---well, some called them scoundrels, but let us just say the previous regime.

One thing I can state with confidence is that at least some of the new Ministers and their staffs are responsive to complaints and email communication.

While waiting for a knee replacement, I emailed the **Minister of Health** directly about the delay due to lack of anaesthesiologists at the Cranbrook hospital, where the surgery will eventually take place. Within two weeks I received a phone call from the minister's office telling me that they were looking into the matter. In another week or so, I received an email telling me that active recruiting was taking place and the ministry was hopeful that qualified doctors would be found soon. Look for similar responsiveness if you email other ministers directly.

On March 9, a Friday, an all day meeting about Aging Well took place in the Riondel Seniors' room. Many presentations were made, including one by the BC ambulance service, letting us know that we will, as soon as training is complete, have a Community Paramedic based on the East Shore. The idea is to have someone who will deal with non-emergency situations most of the time, but who is also trained for emergencies.

There was some discussion of transportation for seniors, and our Area A representative to the RDCK Garry Jackman has promised to have someone from the relevant ministry come to the East Shore in the near future so that we may call for some way of getting to appointments in Nelson and other places without at the very least being driven to the ferry.

Bluebell Manor, a major past project involving Kootenay Lake Lions Club was designed to be capable of expansion to 10 units, and this is a possibility for the future. Lots of other presentations were made which I am sure will be mentioned by others. A very good lunch was provided thanks to Bob and Wendy.

Back in February, on February 27, meetings with **Marine Branch and Ministry of Transportation** were held at the Cabin (formerly Fairy Treats) in the afternoon and at the Crawford Bay school in early evening. The very least that came out of them was that many of us on the East Shore are not satisfied with the previous government's decision to leave the terminal at Balfour.

Many also spoke to having later sailings at night, at least on weekends so we do not have to leave events in Nelson at 9pm in order to catch the last ferry home. There is certainly a groundswell of interest and involvement aimed at improving ferry service.

Did you write or email the relevant public officials and ministries about the ferry before the deadline?

We must have a new ferry to replace the 54 year old MV Balfour before 2023 when the Osprey 2000 must have a major refit. Most likely size for a new ferry is 50-60 cars capacity.

Here is my own opinion about a new ferry. It should be all-electric, designed not quite like the MV Ampere currently in service in Norway. We have lots of electricity here in BC, and the Ampere's battery packs were built in BC. Why build a diesel-electric ferry, when we could go with a completely green solution? Why not dare to build a ferry with almost no carbon footprint right from the start?

Leading right on from that, did you know that our **electric utility** must buy more than 55 percent of the energy it sells us? FortisBC bought the former West Kootenay Power in 2004 from Utilicorp/Aquila, a U.S. company who had in turn bought it in 1987 for a premium price of \$20 millions more than book value. When Fortis, a Newfoundland-based outfit bought it they in turn paid a premium of \$220 millions. I am told

this is called Goodwill. There is precious little goodwill about the rates for residential electricity in this area, especially if you heat with electricity and natural gas is not available.

Upcoming this year is a major rate hearing for FortisBC, which I have become involved in by furnishing advice to Andy Shadrack of Kaslo, who is representing Kaslo Seniors before the BC Utilities Commission. Other people are also advising Andy, and the hearing itself will take place before the end of this year. The first Information Request, which FortisBC must answer, was filed on March 29. Stay tuned for further monthly bulletins.

I will also mention the excellent **Opportunities in Action** meeting at the Crawford Bay school on March 16. Others will certainly describe this all day meeting, a highlight of which was hearing Luanne Armstrong speak about the history of the East Shore and the book she is researching. This sounds like a good addition to books about the Kootenays, adding to the two books Tom Lymbery wrote about Gray Creek and area. Look for more meetings of this sort as we try to increase sensible development on the East Shore.

Closing this month's column, I must say that I was wrong, and am happy to admit it about some of the changes to our Nelson and District Credit Union.

While our East Shore Branch is not able to grant loans directly, at least for now, we are able to apply for loans right here, without going to Nelson.

This change, and that of not having official branch managers was in fact put through with knowledge of the board of directors.

I still do not like it much, but am willing to see how it works.

If you want more information about this, ask John Edwards, our long serving East Shore member of the board, who will serve another three year term.

More on Life in Dogpatch in the next edition of Hidden Taxes.



April Horoscope

by Michael O'Connor

Tip of the Month:

Mercury Retrograde as the month begins is no joke. Like hair-pin turns early in the race, there is little time for hitting stride first. A proactive approach to make things happen and to keep pace with the steadily emerging complexities is ideal and could prove necessary. The course is technical and patient perseverance will work best.

Aries (Mar. 21-Apr. 19)

Sometimes Mercury Retrograde can slow us down, but not this time, not for you. Your ambitions are strong and your focus is sharp. As May progresses your momentum will build. Then you will begin to diversify. Expect your workload to increase.

Taurus (Apr. 20-May 20)

Family first has been your mantra of late. This focus will get stronger yet. Seeking quality time to dream up new ideas and plans with significant others will prove important. Expressing yourself is featured and you will want to do the rounds with your array of talents.

Gemini (May 21-June 20)

Some dreams are greater than others and some cycles lead us to think outside of our usual box. You may well take an early lead, but holding it could prove extra challenging. Focus to pace yourself so that you don't experience burn-out by mid-month.

Cancer (June 21-July 22)

Making your way through public and professional terrain may feel challenging these days. Circumstances are requiring you to experiment with new tools, and/or approaches. The tension should ease a bit as the month progresses, but not entirely.

Leo (July 23-Aug. 22)

Many questions are running through your mind. Everything seems to be up for review, even your own thoughts about yourself. Positively, fresh starts are leading you into foreign territory and you are excited to meet the challenge. Your popularity will grow, progressively.

Virgo (Aug. 23-Sep. 22)

The flow of life is pushing you to dive deep. In many respects, this is a powerful time for you. The pace may not be fast, but it is steady and the current is extra strong. Fortunately, you are likely feeling strong and able. The cultural stimulation is drawing out your beauty.

Libra (Sep. 23-Oct. 22)

Relationship opportunities are stirring. These do come with a few twists, however. How to handle them best may prove complicated. For the sake of perpetuating harmony and preserving your position, your communications may prove political.

Scorpio (Oct. 23-Nov. 21)

A series of fresh starts are leading you to experiment with new lifestyle rhythms. These are requiring you to think critically. You are willing to forge ahead deliberately, perhaps especially due to the rewards involved, which are already very apparent.

Sagittarius (Nov. 22-Dec. 21)

A creative cycle is underway. But as with many things these days, it comes with a few twists. These may be described as liabilities of membership concealed in the fine print. To continue you have to invest more time and energy and perhaps money too.

Capricorn (Dec. 22-Jan. 19)

A bit of slow going may be an issue now, despite your desire and drive. Look at it as 'eating the elephant in the room'; once you get past this part, your momentum with increase measurably. Besides, pleasurable inspirations are helping, a lot.

Aquarius (Jan. 20-Feb. 18)

Many new thoughts and ideas are flowing through your mind. Your sights are set on the future. Yet, first, you must build your foundation. This includes creating beauty and harmony inside and out. Balance self-worth with uplifting your home environment.

Pisces (Feb. 19-Mar. 20)

Your ambitions are rising steadily. To this end, your focus is strong. Stimulating a series of income flows is likely. Meeting new people and trying new approaches is featured. Pushing through and beyond traditional methods implies revolutionary tactics.

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"Letters" Continued from page 2...

The ferry is also the main form of local transport for commercial and service trucks. The only other ferry users are tourists and occasional travellers. This particular group has little interest in where the ferry docks and has no objections to signing petitions when asked to do so by a pretty face.

The East Kootenay people who rely on the ferry to access services are members of disparate communities that are not in close contact with one each other. They are separated by distance, and differences in culture as well as demographics. In order for these users to come together and speak with one voice is difficult. Many of them would like the ferry to run more frequently and with extended operating hours. Going to an evening event in Nelson is always problematic. Docking the ferry in Kootenay Bay rather than in Balfour would automatically extend the operating hours.

Because of the shallow draft in early spring and late summer, load restrictions are in effect at certain times of the year. When the large ferry is being serviced, which takes place twice a year, the little ferry is the only connector, and prolonged wait times are almost inevitable.

The decision to "improve" the Balfour terminal calls for extensive dredging operations. This prospect is prompting many individuals on both sides of the lake, to have serious concerns about the environmental and biological impact of such activities. Moreover, the need for dredging is unlikely to be a onetime occurrence.

In formulating these thoughts, I have attempted to be brief. Even though there are many other aspects of this situation that are important, I have not touched on them for fear of causing a reader to be overwhelmed. For example, the consultation process used to legitimize the decision to retain the terminal in Balfour was unreasonably skewed in favour of the Balfour/Queen's Bay Coalition. I have been informed that individual notices inviting input were mailed by the Ministry to all Balfour households and businesses. None were

mailed to East Shore residents. Only Balfour key stakeholders were identified and were met privately by the Ministry's staff. Repeated press releases were made in local and Nelson publications. Nothing of the sort ever occurred on the East Shore. Moreover, the consultation process bestowed on the Balfour side of the lake, facilitated the acquisition of an RDCK grant. The purpose of the grant was to study the socio-economic impact of moving the terminal. The study however, totally ignored the socio-economic plight of East Shore communities. The reality is that prospects for economic growth on the East shore of the lake are stifled by the bottleneck resulting from an inadequate ferry system.

The conduct of the Ministry of Transportation is an example of actions that lead many people to distrust politicians and government bureaucracies.

*Respectfully,
Jon Wyngaard, Riondel*

WHAT'S THE RUSH?

Dear Editor:

Maybe it's my age. I admit I move a little more slowly than I did when I used to scoot behind a team of horses pulling a 40' log to the landing. And I often take extra time to complete a task just because I enjoy the process. Still, I am puzzled by the emphasis so many people put on getting from one side of Kootenay Lake to the other in the shortest possible time. Folks are still whining about the demise of the plan to move the West shore landing to Queen's Bay, which would have apparently cut the sailing time in half. Never mind driving an extra three or four kilometers, never mind getting to the landing early to assure a berth, never mind loading and unloading time, at least we'll save 17 and 1/2 minutes crossing. What's the rush?

Now we have a new plan for the Balfour landing, courtesy of the Ministry of Transportation and Infra-

structure. They wisely have decided to replace the ageing MV Balfour with a new vessel of more appropriate size and design for which I give them full marks (ok, they don't care). They want to build a new washroom, reposition the bus infrastructure, and relocate parking. Good. Remove the green space? Add additional queue space? Whoa, that's a pretty radical solution to traffic lines overflowing onto the highway once in a while. Paint some new lines. Put up some signs. Just slow the traffic down in Balfour. End of hazard. What's the rush?

And speaking of traffic....Here on the East Shore we have a very rational speed zone on Pilot Peninsula, a winding road with lots of blind curves and narrow spots. 30 KPH. It's a heads up for me every time I drive there; I may go a little faster on some stretches, but I am wary and I mostly stick to the speed limit. Meanwhile, I can't tell you how many times traffic travels at speeds that are legal, but absolutely unreasonable in Riondel. Children on bikes, dogwalkers, pedestrians are hazards which demand a lower speed limit, especially in the absence of common sense on the part of drivers. The situation is even worse on the strip in Crawford Bay. The community almost lost a child there a year ago. There is so much distraction for drivers, especially on a nice summer's day.

We need lower speed limits in these danger zones. We need signage. We need flashing lights. We need rational speed limits. So many issues have the same solution: slow down.

What's the rush?

Anthony Arnold, Riondel

THE GULF THAT KEEPS US APART

Dear Editor,

I'd like to address friends and neighbours on both shores of Kootenay Lake and in Creston, Nelson and beyond.

A few years ago, when MoTI raised the possibility of relocating the Kootenay Lake ferry from Balfour to Queens Bay North, a competent and well directed campaign to influence that issue was mounted by some



Hacker's Desk
by Gef Tremblay

Winter Won't Promise Magic
A Publishing Adventure on Kootenay Lake

Winter Won't Promise Magic will be the third book published by *encreLibre*, the publishing house I started a couple years ago. **Ashley Laframboise** is the author and a friend I met while living at the ashram. This is her third book and her writing is an inspiration for me. It's been a pleasure to work with her material and I hope to collaborate on many more similar projects. We're actually working on a new publication coming out in the next month or so.

While reading her poems, I can feel the rhythm and her intimate and sensual poetry creates a deep connection to her own experience of life, which is both refreshing and intimidating. It makes me wish I could rap a song with these words.

Here is one poem so that you can experience her writing first-hand.

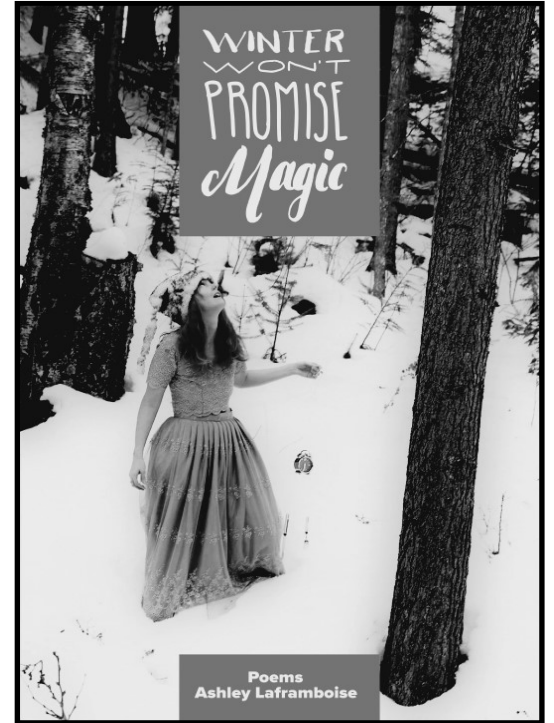
Thunderstorms

When the doctors sank their fishing hook inside your belly I thought the whole ocean was inside of you. They pulled up a black boot, black soot, bloody, like tobacco- and you were sleeping at the bottom of the sea. I couldn't find you. Since that day I've made a point of drinking steaming creamy coffee on my backyard deck at sunrise, and

smoking pot under the stars and sitting through thunderstorms outside. After it's passed, I slide the patio door open; I drip onto kitchen tiles; I stand there with teeth chattering while he brings me hot tea and a blanket-but he does not understand. I didn't choose your cancer, any more than I chose the bait and bobber that sank in my chest, ripped from the corner of your bloody lip, umbilical chord cut in haste, and the idea of safety taken from you: you slipped like a fish back into the black creek, with silken moonlight beaming in washes over your sinking face; I could barely hear you breathing in there. And when the fishermen pulled up the biopsy from your belly, sliced, I prayed that they would pull you back out again. I couldn't look at you. I was afraid of loving you more, and if you died, I didn't want to love you anymore than I already did. And here you are, at twenty-three, with a child of your own, and the anger and hurt I still have for my own mother running through you like fishing line; I recognize it, but I do not understand. And what I'm left with now is a memory of the time the doctors pulled the sickness out of you, and you swam back to me, slowly. But you have a scar on your lip and across your ribs now, and the word "cancer" still doesn't scare you.

Publishing books is a passion of mine. The physicality of a book has a very sensual aspect that is often lost in digital design. But in order to be able to publish,

work on typography, cover design, and do page layout I need to have a creative source of material, so I am quite grateful to be able to work with creative authors. It's been a beautiful adventure to publish the last two books from Ashley. Her unapologetic tone, her raw strength and this fearlessness to lay down this human experience that we are all part of opens up new perspectives for my own expression of reality.



If you are interested in purchasing her book you can contact her directly at ashleylaframboise@gmail.com or read her blog at: <http://moonring.wordpress.org>. If you are interested in publishing a book, feel free to contact me at pub@encrelibre.com.

Balfour and vicinity residents. You on the West Shore admirably promoted your local interests and concerns as you have every right to do. On the other hand, East Shore residents, of which I am one, fell into a deep sleep and failed to respond effectively.

I am not going to argue the merits of the outcome of that process ... I've done that in detail elsewhere. I am here to remind you how divisive and hurtful that period of our mutual history became. Friendships were damaged or destroyed. Neighbours across the shores of Kootenay Lake were separated and afraid to speak lest differing opinion become irreversible divisions. The ferry had always been a way of communicating, of a chance to chat and to visit. Suddenly it became a gulf that kept us apart and isolated.

I dare to hope that we have all learned something from that unfortunate time. Whatever the outcome of this most recent re-opening of the conversation on how the ferry can serve all our lakeshore communities, I ask that we never go back to those times again.

Please familiarize yourselves with what your neighbours on both shores think and understand their concerns as if they were your own. The East Shore communities are dying, they depend on the ferry. The West Shore communities see their businesses and beach threatened. Environmental and safety issues impact us all. For us all to win, we each have to give up a little.

*Zeke Brian Moffatt,
Riondel Road*



EAST SHORE INTERNET SOCIETY
ESIS Presents...
Unlimited Data!

by East Shore Internet Society

We are thrilled to announce that beginning April 1, ESIS rolled out a new service add-on: Unlimited Data! The cost is \$25 per month in addition to whichever ESIS package you may choose. Don't worry about data overage charges a moment longer!. Binge-watch that series without a care...

For more information and to add Unlimited Data, please call ESIS at 1-844-776-3747 (PRO-ESIS), and press 3 for billing.

Our 2018 AGM is scheduled for Monday June 11, 7pm at the Crawford Bay Hall. ESIS is looking for new board members, community members who are eager to participate in the ongoing growth and development of this crucial community enterprise. If you're interested in becoming an ESIS director, please email board@eastshoreinternet.ca.

We would also like to extend our sincere gratitude to the Columbia Basin Trust for awarding ESIS a technology upgrade grant which has allowed us to purchase new equipment, such as rugged notebooks and server upgrades, in order to serve our subscribers better. Thank You, CBT. Wishing all of our subscribers and East Shore residents a lovely spring. All the best from the ESIS board and staff.

Annual Highway Clean-up Coming Soon

by John Smith, coordinator

Every year close to Earth Day a group of community-minded folks will clean up the shoulders and ditches along our roadsides. This year the day will be Friday April 20, and this year we could use a few new faces. Here's how it works:

Each person will be issued with a heavy-duty garbage bag and disposable gloves and given a stretch of road to clean. Examples would be Kootenay Bay to the brake check, or Gray Creek Store to Lakeview.

Most people go up one side and back down the other.

When the bags are full, or you have completed your section, bags should be placed on the shoulder of the road in a conspicuous place. Around noon pickup trucks will start to go around the routes collecting the bags. The bags will then be dumped into YRB's dump truck which will be in the middle of their maintenance yard. When all the garbage has been collected YRB will take it to the transfer station. You'd be surprised how much there is.

I will be delivering bags on the morning of Thursday April 19, so if Friday doesn't work for you, you can do it on Thursday afternoon or evening, as long as the bags are all done by noon on Friday.

Feel like you'd like to help? That's great! Please give me call or text to (250)354-3324 or email me at jsmith2000@gmail.com

Thanks to the KL Chamber of Commerce for supplying the gloves and garbage bags

Thanks to YRB for some super heavy-duty garbage bags and for taking all the garbage to the transfer station and for paying the tipping fees.

April 2018 Mainstreet 5

BLACK · SALT · CAFE

Job Opportunities: Black Salt Cafe is considering applications for the following positions: line/prep cook, dishwasher, barista & server.
Email Terry/Todd:
soyoucansendmemail@gmail.com
or call 250.551.3455.

Opportunities Around

submitted by Laverne Booth

Feedback from the 80 people who attended the Opportunities for Action event at Crawford Bay School on March 16, indicates that residents were surprised at the number and quality of community led initiatives along the lake in East Shore/Wyndel communities.

RIONDEL WON! The EDC was hoping to attract 100 residents from all of the communities up the lake to the "Opportunities for Action Event" Riondel sent 23 people. Crawford Bay did well with 18 residents attending, Kootenay Bay had five people, Gray Creek had 6 people, the Boswell table had 4 people and Kuskanook/Sirdar area had two - but hey, illustrious ones- Luanne Armstrong, and Charly Horwood, new owner of our favourite pub soon to open. Wyndel had five people. We did good. Next time we will move to south valley and see how the numbers work out.



Riondel WON! Almost 25 showed up to discuss what's up and what's evolving in Riondel.

Photo by Will Morris.

Participants left the event knowing that there are plenty of opportunities to get involved in the plethora of wonderful local initiatives. I hope people left the event feeling appreciated. Volunteers make a huge difference in each of our communities. When asked, in the clicker session in the afternoon, the remaining participants of 41 people – twenty-seven said they regularly volunteer, eight said sometimes and four said they never volunteer. 34% of the audience are involved in five or more active groups in the community and 28 out of 41 said they belong to three or more groups. These people reported that 56% are happy with how much they volunteer, 15% think they need to do less, and 28% said they could do more.

Perhaps not surprisingly, our communities share similar issues- the need for connectivity and lake access being two that were noted. The list of similar assets across all communities was tallied by Nadine Raynalds of the Rural Development Institute (RDI of Selkirk College). She liked being involved in our event, in part because she was comparing the differences and similarities with New Denver, where Nadine is on the village council. Thanks to Nadine and RDI for their support of the Asset Based Rural Development (ABRD) project of the Economic Development Commission (EDC) of Area A, RDCK.

What our communities have in common:

- Lots of assets
- Active community halls and centers
- Farming potential
- Park lands development potential
- Active Societies and Associations
- Small businesses- providing key services, opportunities for growth
- Arts and Artisans
- Industry and Trades people
- Land Property development potential
- Trails
- Campgrounds
- Places for sale
- Sports and activity clubs (did we miss any? eslearningplace@gmail.com if you think of more)

Luanne Armstrong, in her talk the "Turbulent Topsy Turvy History of East Shore Communities" reminded us that time changes all. In the past, transportation
6 Mainstreet April 2018

was an opportunity when the stern-wheelers and then the trains took Boswell apples to England, for example. Now our lack of public transportation may be a lost opportunity. Luanne is currently doing research for *Shorelines: A History of Boswell and Area* and would love to hear from people who have stories, documents, and photos from our turbulent past.



Local Author Luanne Armstrong.
Photo by Gef Tremblay.

Residents reported leaving the event with a sense of a lot happening in support for our area.

Short presentations included:

- Laura Heycamp of the Economic Action Partnership (EAP) who gave survey results, and invited us to smaller community consultation groups in the next weeks. Consultants Eco-Plan will wrap up the economic development plan by October of this year.
- Kaylyn Gervais, manager of Community Relations East of the Columbia Basin Trust CBT spoke briefly about their funding programs.
- Ted Hutchinson in his head and heart hats told us about the Creston Kootenay Foundation and the Investment Coop.
- Valley Services was represented, and we appreciate their support to women and children living with violence.
- Fields Forward, new manager Elizabeth Quinn, formerly of the Ashram. Congratulations!
- Jesse Willicome from the Creston-Kootenay Lake Tourism Initiative was pitching for people to sign up on the free map. (See small flyers on bulletin boards),
- Avery Deboer-Smith and Nina Sylvester of Friends of Kootenay Lake convinced us all to go to Beach Clean up and Art Challenge in Crawford Bay on April 22. Enter the trash to art competition and win up to \$500! info@friendsofkootenaylake.ca



Avery Deboer Smith and Nina Sylvester with the poster of the Beach Clean Up and Art Challenge.

Photo by Gef Tremblay.

Our local initiatives are substantial, on top of hearing from the communities, we heard from Area wide initiatives including (in no particular order):

- Garry Sly from Community Connections (SKLCSS) one of the sponsoring organizations

- Gina Medhurst from Kootenay Lake Chamber of Commerce
 - Marg Durnin, project manager of Building East Shore Tourism (BEST)
 - Bernard Raidt and Nicole Schreiber and one of the newest little residents with Food Roots, Kootenay Fruit Trees project
 - Farley Cursons of East Shore Trail and Bike Association (ESTBA)
 - Wendy Miller of Age Friendly Community with Heritage Trail development in Riondel
 - We sorely missed Howard Boyle to talk about the exciting Kuskanook Park project
 - Peggy Skelton, chairperson of Better at Home Program
 - We briefly introduced Catherine White of the East Shore Community Health Society
 - Don Gamble, Swami Sivananda of Yasodhara Ashram invited us to the Strawberry Social and honoring of the new temple in June (watch for posters)
 - Margaret Crossley was there from Boswell Historical Society and Focus on Health
 - Brian Moffatt told us of the citizen initiative to stop the Balfour terminal and get a long term, smart solution on the ferry situation. Feedback needed to government by March 30
 - Garry Jackman tells us we are on the list for BC Transit service. There will be a public meeting soon. All hands on deck needed.
- Sincere apologies if I have forgotten someone.

We have such wonderful people doing wonderful things. Our people are indeed our biggest asset. Speaking of assets, EDC is contracting with Geoffroy Tremblay to set up an Area A wide asset mapping site with on-going maintenance and training. This is meant to help all of us maintain our contact lists up to date, and help us all link up together.

Big plans on the way. Among them is a recommendation to the EDC to bring residents from all communities together at least once a year, likely in a spring forum. Similar to what Community Connections and the EDC with Lorna Robin did previously, to provide a forum for new businesses, new and old initiatives to let us know what is going on. Those 2-minute speaking spots are fantastic for getting our public speaking skills up.

Thanks to all who contributed in any way to a great event. I loved the gong that Dave Agnew brought and played. I guess he liked what he heard, we didn't get gonged often. We have the rough cut for the video and soon to start work on a short video. What do you think of the proposed title "People Powered Communities"?



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 trucking. excavation. snow removal

Red's Bakery is now hiring full-time & part-time positions for the 2018 summer. If interested, please send resume to rydavista@gmail.com



Only resumes sent via email will be considered.

Aging Well on the East Shore

submitted by **Peggy Skelton,**
Chairperson of **Better at Home**

Friday March 9 was an important day for residents of the East Shore. Approximately 46 residents from Boswell to Riondel joined in a workshop that talked about five different areas of what constitutes Aging Well. This workshop was facilitated by Jodi Mucha Executive Director of B.C. Healthy Communities, a provincial non-profit based in Victoria.

Five local presenters discussed what was happening on the East Shore in relation to identified areas that make Aging Well easier.



The Community Paramedicine Program from Kaslo staff Emily Jowle and Leanne Blancher gave an excellent presentation on services that can be provided by the program which is just starting on the East Shore.

Health and Wellness: The Community Paramedicine Program from Kaslo staff Emily Jowle and Leanne Blancher gave an excellent presentation on services that can be provided by the program which is just starting on the East Shore. Sharon Webster has been hired as the community paramedic and will be ready to start in late spring once she has finished extensive training.

Social Inclusion: Fran O'Rourke spoke of how important feeling connected to your community is and how her parents who were long time residents of Riondel, showed her first hand ways, such as volunteering, to feel a part of the community.

Housing: Mary Donald explained levels of care in housing, and remarked the Bluebell Manor could be expanded perhaps to include a next level of care.



Garry Jackman spoke on initiatives for increased transportation on the East Shore.

Transportation: Garry Jackman spoke on initiatives for increased transportation on the East Shore. We now have Better at Home volunteer drivers, and are on the list to get BC Transit service in 2018-20. A public meeting with provincial government is approaching- need many to attend and raise their hand.

Financial Resources: Randall Ball from Boswell gave a great presentation on income tax deductions that you may qualify for as we get older. He suggested not being shy to ask for disability status, if needed, and get doctor consent.

Questions were taken following the presentations. Jodi Mucha introduced us to the Aging Well website which is a good information source for provincial programs and has planning tools for aging well. Healthy-FamiliesBC@Aging-Well.

A most delicious lunch was served, prepared by our favourite (but retired) cook Wendy Miller. The event was organized by an ad-hoc committee representing Age Friendly Community, Riondel Seniors' Association, Better at Home, the Ambulance Auxiliary, East Shore Health Society. We are grateful to Aging Well program of BC Healthy Communities Society of Victoria, a great provincial non-profit society whose Executive Director is Jodi Mucha, a hometown woman from Balfour who shares an interest in the well-being of our aging population.

On Sunday, March 10 a smaller meeting was held with leaders from the many groups that support Seniors and differently abled people in many ways: Yasodhara Ashram, Hospice, East Shore Community Health Society, Riondel Seniors Association and Age-Friendly Community, Ambulance Auxiliary Society, Better at Home, Simon's teahouse, Learning Hub, and two new, potential volunteers, and I hope I am not missing anyone. Jodi Mucha introduced us to the Aging Well website which is a good information source for provincial programs and has planning tools for aging well.

- We talked about the results from the Friday meeting, and are very encouraged by the increased future level of community care that a Community Paramedicine local staff person will make.

- The Better at Home program is growing slowly offering friendly visits and volunteer driving with wonderful (and very limited) staff support. Funding needs to be stabilized, if the program is to continue and grow. We are exploring options.

- We discussed the need for support for caretakers, and a regular informal meeting space was suggested.

- We discussed how to improve the connectivity among the groups. There is a new ElderConnect program through BC Healthy Communities which we are exploring as a group. How can we network the networks?

The biggest lesson I learned from the events was WE HAVE TO BE THE SQUEAKY WHEEL! No more being nice guys and thinking everyone else needs the services more than you do. We have to ask for the services, so that the demand is noted by those who make the funding decisions. Ask for the nursing, physio, home support, driving and other services that you need- this will help us get improved services!

CVKL Communities Team Up to Reveal Area's Best Tourist Attractions

Businesses and Community

Groups sought for Tourism Campaign Launching in summer of 2018

Submitted by **Jessie Willicome** for **Creston Area Community Initiatives**

The Creston Valley-Kootenay Lake Tourism Advisory Committee (CVKL TAC), a partnership of tourism stakeholders representing communities from Yahk to Riondel, is pleased to announce the launch of a one-year regional tourism campaign. The Free campaign, which launches in the summer of 2018 is now inviting applications by interested businesses and community organizations to participate.

Similar to the International Selkirk Loop and the Creston Valley & East Shore Art Walk, the campaign will showcase participating local businesses, organizations, and attractions as part of four self-guided tours: Arts & Culture, Local Food & Wine, Nature & Recreation, and Health & Wellness.

By using the campaign's mobile-friendly website, social media pages, or just grabbing a print guide, visitors will be able to tour at their own time and pace while discovering the many unique businesses and attractions along the way. Ultimately by working together, the campaign will provide the inspiration visitors need to stay in the area longer and make more trips during the Spring and Fall shoulder seasons as well.

"I'm really excited to be part of the many businesses and groups working together from our local communities with the common goal of promoting tourism," said Baillie-Grohman Estate Winery co-owner and committee member Bob Johnson. "This regional campaign is a big step in the right direction that will not only benefit the tourism sector directly, but will also provide benefit for all our local businesses."

With a launch date for early summer 2018, the CVKL TAC is now accepting applications from interested businesses and community organizations until April 23rd. Interested businesses and organizations can learn more about the campaign and apply at www.bit.ly/cvkltourism. For further information or inquiries please feel free to contact project coordinator, Jesse Willicome at jesse.willicome@skimmerhornconsulting.com.

Volunteering Is Good for YOU!!

Training for Volunteers (& staff) who support seniors.

Includes: boundaries, self-care, safety, right to live at risk, and much more.

Lunch is included in this free event.

Presented by Sandi McCreight

Date: **April 18th, 2018**
 Time: **9:30 a.m. – 2:00 p.m.**
 Location: **Crawford Bay Hall**
Registration required: 250.505.6717
 Email: betterathomeeastshore@gmail.com

Brought to you by the East Shore
Better At Home Program



Sandi McCreight, Castlegar CRN
 (Community Response Network)
 Phone: 250.608.0706
 Email: castlegarcrn@hotmail.com



Trends Influencing Trail Usage

by Farley Cursons ESTBA Projects Director

"Of all the paths you take in life, make sure a few of them are dirt." - John Muir

Trail usage is as varied as the number and types of trails available. Most trails are used for walking, hiking and cycling – which are by far North America's most popular recreation activities. A comprehensive set of trends affecting recreation trails were identified several years ago by creation of the Provincial Trails Strategy. The Trails Strategy was developed in partnership with the Ministry of Tourism, Culture and the Arts, Recreation Sites and Trails BC, Ministry of Environment, BC Parks and the Ministry of Transportation and Infrastructure.

The following five trends are considered especially significant as we work to establish a world class recreation trail system here on the East Shore.

1) Increasing Interest in the Benefits of Active Outdoor Lifestyles

There is growing recognition of the importance of trails in contributing to active lifestyles that improve the physical, mental and spiritual well-being of all ages, particularly our youth. Active lifestyles can translate into more productive individuals and communities, and lower health care costs. Increasing outdoor awareness and appreciation can also foster an ethic of caring for our environment. New and improving technologies enable those with physical challenges to participate in a broadening range of trail activities and to increase their enjoyment of the outdoors. Communities that encourage physical activity by making use of linear corridors are registering a significant positive influence on public health and wellness.

2) Changing Demographics

Demand is growing for recreation trails close to urban and residential areas and this, in turn, is helping to invigorate individual and community health. More people are using trails as a form of physical activity – this trend can be seen especially in the 55+ age group. Trail use in B.C. is growing strongly amongst both baby boomers and their children who value a healthy lifestyle and urban dwellers who view recreation trails as an alternate means of transportation. Both groups are demanding more trails for low impact use. Consequently there is growing demand for more recreation trails near urban centers and increased day-use opportunities. Demand is also increasing for long-distance trails.

3) Increasing Diversity of Users

There is growing recognition of the increasing diversity of users and the need to reflect diverse values in trail planning and management.

One of the factors contributing to the increase in demand for trails is the growing number of activities occurring on trails. Activities such as mountain biking, cycling for recreation and transportation, horseback riding, walking and hiking have increased in volume and popularity. Another example is increasing trail use by motorized users due in part to the rapid changes in technology for snowmobiles, all-terrain vehicles (ATVs) and off-road motorcycles. Increased motorized trail use can change trail use patterns. Competing demands for trails and recreation opportunities often reflect different values and can lead to friction between user groups.

These factors, along with increasing concerns for the environment, are compelling governments

to take a more integrated approach to recreation and transportation and to classify trails according to the desired experience. The increasing diversity of users underscores the growing importance of collaborative partnerships between public, private, community and volunteer groups for successful coordination of trail networks.

4) Increasing Recognition of Economic Benefits

Recreation trails are becoming recognized as drivers of economic development and tourism. The links between traditional tourism and outdoor recreation are getting stronger. Communities throughout the province are recognizing the opportunities associated with recreation trail users as a source of much needed tourism revenues and are indeed economic drivers for rural communities and urban centers alike. Trails have the advantage of boosting economic activity while contributing positive impacts to community, social development, education of citizens, and the environment. It is also becoming apparent that economic benefits can be compounded if trails are designed and managed as a network of interlinked connections between communities and a range of attractions like viewpoints and bridges.

5) Increasing Transportation Role for Trails

Trails are playing a greater transportation role as greener alternatives become increasingly popular. Trails provide alternative modes of transportation that are sustainable, economical, healthy and environmentally friendly. Climate change is one of the most pressing issues facing modern society and trails represent opportunities to cut greenhouse gases and facilitate commuting and travel to local services. Communities throughout the province are seeking ways of integrating all modes of transportation, such as improved linkages between road systems and commuter bike routes.

In summary the key trends all suggest increasing demand for community based, highly connected and locally developed trail networks that provide linkages among communities and regions, as well as nearby parks and natural areas.

Recreation trail development and maintenance on the East Shore is far from a new idea. While some are quick to credit ESTBA for creating these trail networks the fact is that the majority of the areas trails have been managed for decades by some brilliant forward thinking individuals mostly volunteering or with minimal funding. As ESTBA continues on it's mission we are fascinated to meet many local folks who have built and maintained community trails over the years. Historically many of the peninsula trails were built for utility purposes such as horse logging or light house placement as well the the quickest way by land from Kootenay Bay to Crawford Bay for mail delivery. In more recent times credit should be given to Kirkland Shave from Mountain Trek Fitness in Ainsworth who facilitated a "Hoods in the Woods" program to build notable segments of the Peninsula Trail network decades ago. Additionally, we can thank David Kayle Johnson for years of dedication making the trails more accessible and connected as well as installing directional signage. Lorna Robin managed maintenance groups and identified funding sources to pay chainsaw operators and youth laborers. More recently Taz Archambault had managed the bi-annual maintenance on the peninsula before handing it off to me. Hats of to Paul Hindson who has been mowing the wetland trail for many years.

Guiding Hands Recreation Society's Tipi Camp holds the agreements with BC Parks as well as Sites & Trails BC and are the authorized managers of the peninsula trails. They work with ESTBA to monitor the sustainability and environmental effects of increased trail usage.

ESTBA holds the agreement for the Trans Canada Trail as well as the new Riondel Heritage Trail being built this year. While maintaining trails the Tipi Camp Trail Crew met other avid trail users who also contrib-

uted to trail maintenance and these groups formed the trail alliance that became the East Shore Trail and Bike Association. We at ESTBA gratefully acknowledge the ongoing support of the South Kootenay Lake Community Services Society AKA Community Connections who have been our funding sponsors since inception. The RDCK's Economic Development Commission supported recreation trail maintenance for some time until their recent mandate restructuring. It should be noted however, that many of our most popular and repeat-visitor trails may have been lost without their contribution for all those years. Now, the community can join us in thanking the RDCK's Recreation Commission 9 who recognizes the social and economic value of a well maintained and accessible recreation trail system.

See you on the trails!

Dredging The Procter Narrows

by Tom Lymbery

I am urging our Kootenay Lake Chamber of Commerce to apply for grants from RDCK and Columbia Basin Trust to fund a survey as to what may happen as a result of the Ministry of Transport's proposal to dredge the Procter Narrows costing about two million dollars as opposed to changing to a Queens Bay Terminal.

Wouldn't an eighteen-minute, hourly Kootenay lake Ferry service serve all the travelling public ever so much better than the outdated 35 minute and dangerous trip to Balfour?

The following are some of the reasons that dredging should not be attempted:

1. We need to know the ecological impact of lowering the lake level
2. While the Gerrard Rainbow spawning is up the Lardeau River other rainbows spawn on the beaches. Many other species such as freshwater clams and otters could be impacted.
3. Our lake is world famous for its fishing.
4. Since the MOT plans spending at least 1.9 million dollars on dredging this is an enormous project.
5. MOT says this will only happen once but since dredging is invasive it is most likely to have to be repeated each year.
6. This may well be the most important project of the Chamber and can attract world wide publicity.
7. The lake levels are set by the International Joint Commission but MOT wants to go right ahead.
8. Our Chamber failed to take a firm stand on the ferry question, perhaps because people were influenced by some of Balfours's publicity such as losing the longest free ferry.
9. This can be replaced by "Crossing Canada's largest ice free lake"
10. Ecologically this could be a disaster.
11. MOT say they think the narrows were dredged before but cant find evidence.
12. The Grohman Narrows, downstream from Nelson were extensively dredged in 1939-1941 to reduce the stress of high water on the lake, but this was solved with the building of the Libby Dam.
13. Don't assume that the government will investigate – Ottawa moves so slowly that this may not happen.
14. Recent federal legislation does require more stringent applications for works on the lake, which makes it even more important to get a report on the ecological problems brought by dredging.
15. MOT may tell us that their dredging will not lower the lake level – but what do they know?
16. A 100 year old artifact – a steel pipeline laid under the water to bring gravity pressure from Procter creek across to a property on the Balfour side will likely be lost.

Tom Sez

by Tom Lymbery

Why de-genderize “Oh Canada”? Why not just change “sons” to “suns” - “In all thy suns command”? But, really, why change our National Anthem at all?

Don't miss the annual, and very special, Rainbow Trout spawning at Gerrard, north of Meadow Creek, Hwy 31, the first week of May. See 20-pound fish jumping out of the river at the spawning area with a viewing platform and explanatory brochures. To reach the site, the spawners travel up the Lardeau River at night for safety. Lesser Rainbow species spawn on the beaches of the lake.

And what will happen to the fish in our lake if highway insists on the virtually unprecedented dredging of the Procter Narrows in order to keep the ferry terminal at Balfour? Dredging will have to be done annually resulting in lowering of the lake level more each year.

When will the pink ornamental cherry just north of the store bloom this year? Sometimes it is as early as April 15.

Snowpack reports become very important in April. Up to March 1, it was reported to be 140% of average. Gray Creek has a (since automated) snow measurement station established in 1947 by Vaughn Mosher and measured by George Oliver with a harrowing uphill snowshoe trip until West Kootenay Power started servicing their power line to Kimberley using a Tucker Sno Cat. (See much more on page 26 of my second book.)

If you haven't already, please log on to Greg Nester-Loft's KUTNE READER for his amazing Kootenay researched stories.

US contestants on the game show Jeopardy need good knowledge of our far flung Canada because the host Alex Trebek is Canadian and he occasionally has Canadian contestants. This is available daily on two Canadian TV channels and is fascinating for the topics it covers.

50 years ago 4000 supporters welcomed Nancy Greene, winner of gold and silver at the 1968 winter Olympics, with a two-mile parade through Nelson to Notre Dame University, home of Canada's Alpine ski team. Read about Nancy's exploits in Gray Creek in Tom's Gray Creek, part II.

How about a new word describing Canada's half-massed metric system – syntheticmetric? Putting metric equivalents on US measures should be illegal.

If you google Crawford Bay or Gray Creek, can you find any local accommodation? No sign of Kokanee Springs Lodge or Kokanee Chalets – only Ainsworth, Kaslo, Nelson and Creston hotels.

Please check out BC History Magazine at the store for an article “Eight Years in a One Room School” because the story is about our Gray Creek hall..

Bravery medals for Kootenay Heroes – well deserved to Paul Hindson Tobias MacDonald, Juergen Baetzel and Carol Vanr.

Gray Creek Pass Report

by Tom Lymbery

April isn't too early to start planning that the Pass will be open by June 30 for the Epic 1000 kilometre cycle race from Merritt to Fernie. Cranbrook Forestry ploughed deep snow in 2017 to make the race possible. Again it will be exciting to follow the contestants (including several ladies) on line with track-leaders.com.

Food Roots Spring Update

by Bernard Raidt & Nicole Schreiber

It is spring and we are beginning to think about what we can achieve in 2018. We start with some good news, which is that Food Roots has received a small BC Gaming Grant, which is very helpful in sustaining some of our programs. While the grant is smaller than we had hoped, which will mean that some things will change this year, it is a great start and has the capacity to grow once we get new programs, such as harvest share and food banks, started. The grant is earmarked for the education and communication components of the coordination, for the Kootenay Food Tree Project, and for the 2018 autumn Press Fest event. So, for this year we'll focus on these ongoing programs and try to make some headway on new or fledgling projects. Below are two important projects we are working on this year:

Local Market Table

Last year Nicole organized two market days under the auspices of Food Roots. At the second of these, the ‘Super Summer Market Day’, we cooperated in organizing a local produce and food market table, which was a great success. There was considerable enthusiasm among local customers and producers alike. It was very clear that there is demand for locally-produced products and that it is entirely possible to produce these goods locally. For 2018 we are trying to gauge whether there is sufficient demand from food producers to move ahead with pursuing a more regular market table in the community. We believe a regular market table as an outlet for local foods is an absolute necessity in our area, both to make local produce and products available, and to encourage an increase in local food production and small business opportunity. If you grow or make food (or want to) and wish to have a regular, shared market table to sell it at, please contact us right away.

Kootenay Food Tree Project

This year is our first significant attempt at propagation. The buds on some of the cuttings in the bins are beginning to swell – black currant, quince, black berry, etc. Now comes the tricky period where they must be babied a bit, as the leaves may precede the roots by a month, and they must be shaded and misted multiple times daily to prevent them from drying out. Anyone who is interested in participating or has experience with propagation, please contact us. In addition to volunteers, we are actively seeking donations of cash, soil, compost/manure, pots, fencing, and tools. Please help us get off to a good start for the year.

If you would like to lend your support as a volunteer for either of these projects, please be in touch. If you have a community food project idea that you wish to pursue, let us know! eastshorefoodroots@gmail.com 227-9111

Earth Day Clean-up Targets Styrofoam

by Lorna Robin

On Saturday April 21, the Friends of Kootenay Lake Stewardship Society is sponsoring a cleanup of Crawford Bay Beach. One of the biggest polluters is pieces of Styrofoam.

Styrofoam is a brand name for polystyrene, which is a petroleum-based plastic. It is light weight, a good insulator, and makes a good packing material for shipping without adding weight. Because it floats, it is also used for docks and swimming rafts. But, for all of its good points, there are too many problems.

Styrene is the foundational ingredient used to make polystyrene. It is broadly used in the manufacture of plastics, resins and rubber. Research has established it as a likely human carcinogen. Prolonged exposure affects the nervous system. When used in take-out food containers, toxic chemicals can leach into the food, particularly if the food is re-heated in the same container. Air pollution is another by product of its manufacture. And if that were not enough, Styrofoam manufacture also uses hydrofluorocarbons which are thought to have a serious impact on climate change.

Styrofoam is non-biodegradable and appears to last forever. This means that large amounts of polystyrene have accumulated along coastlines and waterways around the world, and it is considered a main component of marine debris. It is also showing up in significant quantities in Kootenay Lake. And what happens when Styrofoam breaks down into smaller and smaller pieces? It becomes difficult to see, blends in with soil and sand, and is washed into waterways. Inevitably it will be ingested by animals, including humans. The long-term effects have yet to be realized. It is another example of technological development outpacing our ability to recognize the dangers, and the inertia of business and government when the dangers become apparent.

What can we do about it? First of all, don't use Styrofoam in your docks and swimming rafts! Maybe someone that knows how can send alternative swimming raft building instructions in to the Mainstreet.

Secondly, don't use Styrofoam takeout containers. Bring your own containers or patronize outlets that use compostable substitutes made from corn starch and palm, wheat, or peat fibre. Ask your favorite restaurants to switch to more earth-friendly products that do not compromise your health.

Scientists are working on substitutes that use fungi and agricultural waste. To create mushroom based packaging, mushrooms are grown in molds and are ready to use in 5 to 10 days. It is renewable and compostable. Some of these products have tested to be stronger than Styrofoam as well.

Some cities and municipalities have taken steps to disallow polystyrene foam articles and packing materials, along with plastic shopping bags. In 2016, Health Canada initiated a movement to ban plastic microbeads found in personal care and cosmetic products. Later that year the federal government listed the tiny plastic beads as a toxic substance under the Environmental Protection Act. If more of us speak up about the dangers of plastic products, including Styrofoam, perhaps we will see changes come more quickly.

Join the Friends of Kootenay Lake at Crawford Bay Beach on April 21, 10AM, Earth Day. Bring a rake, bucket, and to-go mug. There will be refreshments and games for children. Thanks to the RDCK and Kokanee Springs Golf Resort for supporting this event.

Sources:

- 1millionwomen.com
- Greenliving.lovetoknow.com
- Health Canada

EAST SHORE FACILITIES SOCIETY ANNUAL GENERAL MEETING

April 9, 2018
6:30pm

The Learning Place
(corner office at Crawford Bay School)

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Land Act: Notice of Intention to Apply for a Disposition of Crown Land

Take notice that Northwest Mountain Experience Ltd. located at Slocan, BC has applied to the Ministry of Forests, Lands, Natural Resource Operations and Rural Development (FLNRORD), Kootenay Boundary Region, for a License of Occupation for Adventure Tourism purpose, situated on Provincial Crown land in the Purcell Mountains, and containing 10,383 hectares more or less.

The Lands File for this application is 4405891. For more information; or, to submit written comments concerning this application, please visit the website at <http://arfd.gov.bc.ca/ApplicationPosting/index.jsp> → Search → Search by File Number: **4405891**. Written comments can also be directed to Authorizations Specialist, FLNRORD, Kootenay Boundary Region, 1902 Theatre Road, Cranbrook BC V1C 7G1. Comments will be received by FLNRORD up to May 6, 2018. FLNRORD may not be able to consider comments received after this date.

Be advised that any response to this advertisement will be considered part of the public record. Access to these records requires the submission of a Freedom of Information (FOI) request. Visit <http://www.gov.bc.ca/freedomofinformation> to learn more about FOI submissions.

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April 27 (Friday), 8pm: **Jurassic Mike!** Whether it's 50's rock, 60's psychedelic, 70's pop or 80's-with a dose of Blues and some fun Country, Jurassic Mike encourages his audience to sing along, and requests are always welcome.



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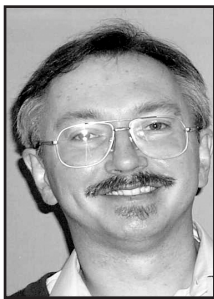
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Seldom Scene

by Gerald Panio



Of all delectable islands the Neverland is the snug-gest and most compact; not large and sprawling, you know, with tedious distances between one adventure and another, but nicely crammed. When you play at it by day with the chairs and tablecloth, it is not in the least alarming, but in the two minutes before you go to sleep it becomes very nearly real. That is why there are night lights."

--J.M. Barrie, Peter and Wendy

How much truth do you need? When a film tells you that it's "inspired by true events" should you be grateful for the heads-up—the warming that what you're about to see has been diddled for dramatic purposes—or paranoid that you're being sold a bill of goods under pretext of something more than pure fiction? Are you maybe going to learn something about history or biography that you didn't know, or should you take it for granted that dramatic license is just a euphemism for half-truths and outright lies? Should a film "inspired by true events" be judged on its own terms, or against the realities that gave it birth? Marc Forster's *Finding Neverland* (2004) is a perfect case in point.

Finding Neverland is about Scottish dramatist and novelist James M. Barrie and the creation of *Peter Pan*. The story behind *Peter Pan*, one of the few fantasies to rival *Alice in Wonderland* in its strangeness and its influence on popular culture, is curiously similar to Lewis Carroll's but, in the end, far sadder. The film's screenplay by David Magee, based on Allan Knee's 1998 play *The Man Who Was Peter Pan*, is a paean to the healing power of art and imagination. Heaven knows, that's not a theme we can really ever have too much of. And put in the hands of actors as gifted as Johnny Depp, Kate Winslet, Julie Christie, Dustin Hoffman, Radha Mitchell, and the young Freddie Highmore, the end result is a story that moves me to tears even as I remember that there's so much more that's not being told.

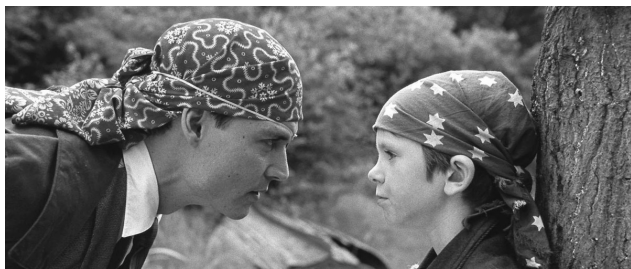
What *Finding Neverland* makes us believe beyond a shadow of a doubt is that James Barrie drew on his relationship with the Llewelyn Davies family to invent a world of breathtaking wonder and originality. We come to understand why an unhappily married man with no children might find a second life with Arthur and Sylvia Llewelyn Davies and their five young sons. In the first of the "inspired by" gestures, Arthur and the youngest son have been written out of the picture, but the loss is only to the literal-minded. Seeing Depp reenact Barrie's first meeting with the family in Kensington Gardens is to understand the mutual enchantment that wound their lives together forever after. Sylvia and the boys were the sounding boards for Barrie's wildest flights of fancy. It's wonderful to have Johnny Depp reminding us what a gifted actor he is, after the recent years of *Pirates of the Caribbean* clowning. This is the noblest James M. Barrie that can be, and I don't think it's a lie. I base that assertion on what I've read of Barrie's life and what I take from *Peter Pan*. As with the Rev. Charles Dodgson and Alice Liddell, there have been those who have raised dark doubts about Barrie's interest in the Llewelyn Davies boys. These are cynical times. I think the portrait that Depp paints is the likelier one. Bonds of love and fantasy. Even Barrie's trick-playing Newfoundland dog, Porthos, seeming too perfect to be true, is no more than what he was.

Kate Winslet plays Sylvia as a free spirit hemmed in by societal expectations, by the responsibility of caring for five boys when her husband dies, by a limited income, and by the illness which will soon claim her. Winslet makes us believe that her Sylvia is a woman that Barrie could love passionately yet chastely, binding himself to her for the rest of his life through taking on the support of her children. Radha Mitchell, as Barrie's wife, Mary, is Sylvia's foil—held or standing at arm's length, cold, confused, awed by her husband's brilliance, utterly cut off from his interior life (it's possible their marriage was never consummated). Mary would end up drifting into an affair, and finalizing her divorce from Barrie two days before Sylvia collapsed at home and was diagnosed with cancer. Somewhat improbable circumstances for a love story, yet *Finding Neverland* succeeds in being a very moving one, providing its own dream-born closure to a Platonic affair perhaps cut short just before it had a chance to become something more.

Of course, the film wouldn't work at all without strong performances by the four Llewelyn Davies boys: Highmore's Peter, Joe Prospero's Jack, Nick Roud's George, and Luke Spill's Michael. Peter bears most of the dramatic weight; he's the boy who struggles most with the loss of his father, the irruption of Barrie into the family circle, and the illness of his mother. Sadly, this sense of a conflicted soul was borne out by Peter's subsequent life story. He deeply resented being forever linked to the fictional Peter Pan, became obsessed with the drowning accident that took Michael's life, and was embittered by the terms of Barrie's will that left him virtually nothing of his adopted father's rich estate. Alcoholic, depressed, he was 63 years old when he threw himself in front of a train in the London Underground.

This is where we come back to the question of how much truth we need. The only tragic arc in *Finding Neverland* is Sylvia's, and I think that's fine. What we're celebrating with this film is an improvised, loving family, called into being by unique circumstances, that ends up being responsible for the invention of one of the best-loved children's stories in the world. That's enough. I think to ask for more is like insisting that Barrie should have devoted more space at end of the Peter Pan story to describe how depressed Wendy was when Peter forget to come back for her. It's enough that Wendy grows up. The movie is *not* about growing up. It's a short, dazzling moment in time when something beautiful is born amidst the most brutal reminders of mortality.

Julie Christie plays a key role in *Finding Neverland* as Sylvia's mother, Emma du Maurier, representing that puritanical stratum of society that would frown upon a grown man acting out stories of pirates and Indians and fairies. Like the Grinch's, Emma's heart is two sizes too small. It also seems to be pure invention. I don't think the real Mrs. Du Maurier is even mentioned in Maria Tatar's splendid *The Annotated Peter Pan*, published in 2011 (if by chance you've never read *Peter Pan*, this is the place to start). Playwright Allan Knee seems to have been "inspired" to add some dramatic tension. Once again, I'm willing to forgive him. If it wasn't Mrs. Du Maurier, I'm sure that Barrie was subjected to more than his fair share of incomprehension and sniping when he first began spending time with the Llewelyn Davies family and explaining that his new play had flying children, a dog as a nanny, and a ticking crocodile.



Dustin Hoffman gets a small supporting role as Barrie's long-suffering theatrical impresario Charles Frohman. He's a sympathetic character, loyal to Barrie despite his recently-spotty record on the stage, terrified that *Peter Pan* is a recipe for disaster. I wonder if the real Frohman recognized what a gift Barrie had

given him before the play's opening night in London.

The film occasionally shifts from the real world into that of Barrie's imagination. The transitions are effective, drawing us in the way Barrie's tales drew in the children. The fragments of *Peter Pan* recreated on the theatre stage are also entertaining. The one thing I missed was the edginess in the original. Peter is named after the most disturbing of the Greek gods, and the world of Neverland and the Lost Boys can send a shiver down the spine. Should Pan (the god or the boy) choose to visit us in our world, we would have reason to be nervous. There is no place for this ominous Pan in *Finding Neverland*. That, too, is all right. There is enough of sorrow and love. Let's save the terrors for another day.

Kootenay Musicians Honour Donnie Clark

by Deberah Shears

The Many Bays Community Band threw a surprise 80th birthday party for Donnie Clark, our beloved local trumpet player and conductor, on Sunday, March 4, at the Riondel Community Centre. We wanted to honour all the aspects of Donnie's 80 years - as a conductor, arranger/composer, musician, friend and fam-



Donnie "initiating" the Yamaha trumpet.

ily member.

Musicians, both amateur and professional, came from all over B.C. to raise the roof of the community centre with laughter, great potluck hors d'oeuvres, drinks and fabulous music. Three community bands (Many Bays, Creston and Slovan Valley) came together to play three of Donnie's musical band creations. As well as musicians from Vancouver to Revelstoke, there were musician friends from Nelson area: Playmor Junction Jazz Band, Kootenay Chamber Jazz Quartet, Nicola Everton (clarinetist) and Bessie Wapp (singer and performer) - to name only a few. Some of Donnie's family members were also in attendance, including his children and grand-children.

Donnie has been a clinician with Yamaha Canada for many years, travelling around to different school districts to work with and inspire thousands of student band members. In recognition of this incredible service, Yamaha Canada donated a beautiful new trumpet inscribed with Donnie's name to be given to a school band program of Donnie's choice; he chose the high school in Creston, Prince Charles Secondary, because he was born there and that is where it all started for him in the school band. The band teacher from Prince Charles Secondary, Peter Simon, was at the party to receive the trumpet... but only after Donnie had "initiated" it with a little tune.

The Many Bays Band wants to acknowledge how lucky we are and how much we have appreciated Donnie's leadership and incredible musicianship. He has worked tirelessly with all of us with the most generous spirit. We are working on his 90th birthday party.

A Wild Note

by Sharman Horwood

About a month ago a friend of mine received a call from her neighbour. There was an owl perched on the chicken wire she uses about her chicken coop. My friend raced out—she loves to take pictures of any wild creatures and very much wanted to see a pygmy owl—to discover that instead of a serene owl perched, politely waiting for its picture to be taken, it was caught in a strand of wire, and couldn't get away.

Pygmy owls are small birds with big talons. They have a hunting range of about one square kilometre. Though they're only the size of my fist, their main prey is mice, and they're very fierce little birds. They've been known at times to hunt birds larger than themselves. Since my friend's neighbour has chickens, hen pellets are perfect food for the rodents, and the mice frequently raid the hen yard. The owls have discovered this.

These birds are so small, that when my friend initially wound the wire off of it, as it clacked madly to warn her off, one of the bird's talons accidentally punctured the skin on her finger. It was so sharp, she said, that it drew blood and she didn't even feel it go in.

Unfortunately, the bird's wing was damaged. It hung limply. With the help of some friends, my friend took the small bird to Dr. Leanne Sackney in Nelson who gave it immediate care, looked after it for a week and then arranged to have the bird taken to SORCO, a raptor rehabilitation facility in Oliver, B.C. Luckily, the bone wasn't broken.

After two weeks the rehabilitation centre called to say the little owl was happily eviscerating live mice and doing very well. However, they suggested—as is their policy about releasing birds—that the pygmy owl be released near where it had been rescued. February is breeding season for these birds, and they mate for life. If the bird was released elsewhere, it might not mate again. Also, it would have to re-learn what and where prey is available in that new area. They are as well an important part of the local ecosystem here.

Tom Rose, a B.C. park warden, was willing to collect the owl, and drive it from Oliver to Nelson, where my friend picked it up. That night, she took the bird up the slope from the chicken coop and released it. It zoomed away, and she's happy to say that standing alone late at night on her road, she's heard a pygmy owl call out, an eerie sound under the snow-filled trees.

Many hands were involved in this bird's rescue: Doug and Marlene Carnegie drove the bird to Dr. Sackney's facility in Nelson, where she examined it, then her partner handed the bird over to SORCO; they looked after it in Oliver until it recovered, and then park warden Tom Rose delivered it back to this area. As Dr. Sackney said, "It takes a village to heal an owl."

Riondel Arts Club

by Sharman Horwood

During March the Arts Club has been displaying members' work in the hall of the Riondel Community Centre. There have been a number of compliments, and even a couple of sales, of the work. Everyone is welcome to view the paintings and mosaics hung in the centre. The Community Centre is open when there are scheduled activities, such as during library hours.

Gerald Panio's discussion group on art is continuing well. Last week he covered Joan Mitchell. Next Tuesday, April 3, Sister Wendy's video will continue with the Renaissance painters Titian and Durer. The following week, April 10, the lecture will cover Rene Magritte, the Belgian surrealist painter. If you're interested, please come. It starts at 1pm.

On April 20, starting at 7, the Riondel Library will be holding its spring Open House. At the same time, the Arts Club will open their workroom so that people can come in and see what we're doing. One or more of the artists will be demonstrating their ongoing work for people to see. Everyone is welcome.

In the meantime, I hope you're all enjoying the gorgeous spring weather.

Walking Together into a Hopeful Future: April 20-22 Workshops with Indigenous Elders

by Yasodhara Ashram

Pahan Pte San Win and Wanbdi Wakita of Bear Paw Tipi (Manitoba) are a husband and wife team who have dedicated their lives to sharing their knowledge about reconciliation and healing.

On April 20-22, 2018 they will be returning to the East Shore to offer a series of workshops and satsangs at Yasodhara Ashram.

Wanbdi's path has taken him from Indian Residential school to the Canadian Armed Forces as a Peacekeeper, and for over three decades, to work with men in prison. Today he is Unkan or Grandfather to the University of Manitoba Access Program. In 2016 he received the Order of Manitoba for his lifelong efforts to support healing and promote unity between all nations.



"There is an order to living based on Natural Law," says Wanbdi, a Dakota Spiritual Leader. "When we follow this way we live in harmony with all nations on Mother Earth."

Pahan is Lakota, Cree and Metis, a counseling therapist who reaches into the breadth of her traditions to bring healing to those that seek it. Pahan is Grandmother to incarcerated youth at the Manitoba Youth Centre and the Ceremonial leader to the Sundance of Women.

"Life has been my greatest teacher," Pahan says. "The spiritual growth that came to me through years spent in prayer and ceremony has allowed me the insight to understand those lessons."

With their decades of experience they will lead workshops and satsangs throughout the weekend that focus on the reflections of love, peace and what it means to be an ally within the reconciliation process.

A dedication will also be made to Murdered and Missing Indigenous Women and Children. All are welcome to attend single days, evening satsangs or the whole weekend. Wanbdi and Pahan first offered teachings on the East Shore last year with their workshop Perspectives from Love & Healing, A Weekend of Reconciliation With Indigenous Elders at the Ashram.

"The words, prayers, and songs shared by Pahan and Wanbdi had a power — simply listening to them was an act of healing," says participant Francesca Cogorno. "They spoke from a deeply compassionate and loving place that allowed me to be in that space within myself."

The weekend will begin Friday night at 7:30 pm with satsang led by Pahan with the Healing Medicine of Love. Saturday and Sunday will commence at 10 am with activities and reflections and end with Satsang at 7:30 – 8:30 pm. Sunday's satsang will also offer a dedication to Murdered and Missing Indigenous Women and Children. Participation is by contribution with net proceeds going to support the Sundance of Women this summer in Manitoba. This will be an enriching and fulfilling weekend that is not to be missed!

Please pre-register for this event: 250-227-9224 or registrations@yasodhara.org. Participation by contribution.

Book Review

by Tom Lymbery

The Unknown Navy - Canada's World War II Merchant Navy by Robert G Halford, Vanwell Publishing, 272 pages, \$21.95

Did you realize that Canada had the third largest Merchant Navy in 1942 to 1946 – and this amazing book details the struggle to keep supplies crossing the North Atlantic that triggered a super dooper laying down of keels of the Park Steamships. The US Victory Ships are better known but our county actually built riveted steel ships that didn't come apart, as some of the victory ships did.

The first half of this book tells us how C D Howe (minister of Everything, managed to get what few shipbuilders we had in 1939 to expand beyond all expectations and construct 176 10,000 ton ships and not quite as many 4700 ton units. These required seamen and officers so training schools for those were needed as well as schools for training for radio operators. These had to be operating quickly as there were not enough seamen to staff. When all the Canadian Navy ships, destroyers, frigates, corvettes and minesweepers were added to the total of merchant ships, it came to 976 all constructed in the war years of 1939 – 1945.

The second part of the book tells of the ships and seamen lost in enemy action – by torpedoes and other misfortunes. In those years freighters had the bridge and funnel midships while tankers had them at the stern. So some Canadian tankers were designed similar to freighters – in order to confuse the U Boat commanders who sought to cripple the war by sinking fuel supplies for aircraft, trucks, tanks and all.

Eight of the Oliver family joined the services with Johnny the most famous for his efforts in the HMCS Weyburn to keep the North Atlantic convoys safe. The Weyburn was sunk by a mine when it had been transferred to the Mediteranian to assist the invasion of North Africa but Johnny was okay and was transferred to a newer Frigate.

When I was at school in Vancouver during the war years I remember going to a Sunday midnight movie downtown where we expected some action in the street between the Merchant Navy boys and the Zootsuiters. The latter were louts dressed in special wide lapelled, suits with draped pants – obviously lurks avoiding the services – so due for retribution by those actively working at sea. However, that wasn't the night for any visible action.

The only merchant navy seaman I knew was Cecil (Cece) Morton of Kaslo, born in Sandon. Somehow he went to sea as a ships carpenter for a US owned freighter which seemed to have spent much time tied up in ports in South America. Freighters spent much time in port unloading and loading by stevedores. What he told us was probably highly exaggerated but some of it was similar to that dirty ditty "the cabin boy, that dirty little nipper, stuffed his arse with broken glass, and circumcised the skipper." Cece worked at the Bluebell Mine for some years after he had left the oceans.

Johnny on the Weyburn worked in the enormous Gulf of St. Lawrence which was infested with U Boats which sank over 20 ships there, reports of which were kept from the news so that the Germans wouldn't be able to know too much about the convoys sailing from Montreal to Halifax where they would be added to those heading into the north Atlantic. When we sailed into the St Lawrence in 1936 on a Ditch freighter after our trip to England we could see no sign of land, until we reached Anticosti Island, as the gulf's size is so tremendous.

- Planning a wedding?
- Holding a meeting?

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To the land-lubber's eye, Lindero's may not appear to be a maritime community. Yet it is. I don't mean the boats in every driveway, some of them actually waterproof. It's the big boats Linderoians embrace. The kinds that carry cars. Most of us could rattle off a uniquely aquatic set of word associations: groceries ... boats; prescriptions ... boats; dining out ... boats; anything fun in the winter ... boats!

So it was that I found myself on a pleasant maritime cruise linked to fresh produce on a recently weekend morning. I took my mug of mocha to 'gossip central', the second-floor lounge, and there joined two local raconteurs who budged over for me. Predictably, the topic was The Great Ferry Controversy, Chapter 2. Greybeard Toffy Garlic commandeered my coffee, likely mistaking it and my travel mug for a gift, and commented, "I smell a rat." Relatively young retired biologist Zoe Logiss frowned, "With the terminal reno?" "With all of it!" Toffy wheezed.

Given the ferocity of the previous year's debate over all things Ferry, I wasn't surprised when a nearby table of passengers slunk off.

"Well, they're consulting with us now, at least," I attempted to calm the waters by referring to a recent meeting. Toffy choked on my coffee. "Is that what you call it! Did they present one single thing about Lindero or even this side of the lake?" I equivocated, "Well, not exactly. Not as such. No." "And you know what that means?" My mouth flapped uselessly. "Exactly! The changes aren't for us!"

A ferry that serves only one side of the lake? How is that even possible, unless it plans to make a loop and head back to base without touching the opposite shore? Zoe put her finger on a plausibility, "Just for the tourists?" "What else?" Toffy proclaimed, "and look at the plans for that new boat." I recalled the notion of a new craft, albeit vaguely. Toffy shot me a fierce glance and asked, "What did they say it would be like?" I hesitated, "I think they said we'll get the boat we need." Both Zoe and Toffy guffawed. Zoe piped up, "It sounds like the Ides of March plan all over again!" My utterly blank expression prompted Zoe to continue, "It was before your time, just ahead of the transition away from paddle-wheelers. Budgets were tight and fuel was scarce." Toffy intoned, "They shut down the engines and made it a real paddle-wheeler." The penny began its drop. Zoe expanded, "They tripled the lounge space and put pedals under every seat." "A paddleboat paddle-wheeler!" I chimed astoundedly.

But I was still in the weeds. "So what does this mean for the new boat?" Toffy and Zoe folded their arms simultaneously. It was kind of funny. "We think their plan is to repitch the plan," said Toffy. Zoe agreed, "They're going to put the peddle to the paddle, if they can."

It's difficult to keep up with ancient rhyming mariners.

"So the tourists will get the good ferry and we're going to have to float our own boat?" I surmised. "That's not all," Zoe intoned darkly. "It's one of the best kept secrets of the lake. You know about the lake, right?" Finally, a question I could answer. "It's deep." "You can say that again!" Zoe said, but I didn't. "In fact, no one knows how deep. The bottom is full of trenches and caves. They figure that's where they live." "What lives?" I dared ask. "Kooties." I gasped and tried to think of a euphemism for a euphemism, "You mean ...". Zoe nodded, "Sea monsters. You've heard of Nessie, right?" "Och!" I quipped. "Well it turns out the splash splash of a paddle-wheeler attracts them," Toffy slapped the table rhythmically and peered out at

the misty lake, "You hardly see them anymore since they started using propeller ferries." I was aghast. "You mean we'll all be out on the winter lake in a paddle boat that's actually a giant lure for Kooties?"

This was a lot to digest. I could really use a coffee. "So where do the Ides of March come into it?" I asked innocently enough. "That's what they called the pedal-paddle-wheeler," Toffy offered, "because of when it was launched." "And the fiasco factor," Zoe added. We all contemplated the projected completion date of the new craft, in spring three years hence. As our ship slipped up to the West Kootenay dock, Toffy had the last word. "I expect they'll call this new one the Fools of April."

[Filed by Lindero correspondent H. Porpoise]

Riondel Library News

By Muriel Crowe

Spring is sprung, The grass is riz, I wonder where the birdies is? The library may not hold the answer to that old chestnut but we certainly have books that will help you identify all the birds around us. There have been flocks of birds that seem to be heading north. Does this indicate that spring is really here or is the sound of the first lawn mower in your neighbourhood the true omen?

Spring or not this is when the gardening urge is prevalent and for many it is the start of allergy season. We have books that will help you with all of that too. If you are looking for respite from all these books we have more than 500 DVD's and when the snow is gone you could also borrow the bocce set and have a relaxing game or two.

There is another reason to come to your local library and that is to join us on April 20th starting at 6:00 for our annual open house. There will be local authors sharing their talents and tales, snacks, door prizes and generally a contest or two. We hope you will join us.

granted by the Grand Lodge of B.C. on November 4, 1895. In 1917, J. H. Beley of Riondel was Master of Kaslo 25. His son Geoff Beley lived in Gray Creek for many years.

Kaslo Lodge No. 25 is the same age as Kaslo itself, which was incorporated as a city 125 years ago. (Kaslo lost its city classification and became a village in 1959. Its current population now stands at 1026.)

When the Bluebell mine was forecast to close, the Bluebell Lodge of Instruction was closed down about 1969, and its gavel was presented to Kaslo Lodge No. 25. In 2018, Kaslo 25 is continuing its long and active life.

Shutting down the late night ferries made attending Kaslo 25 impossible for the members on the East Shore. However, when the Lodge advanced its meeting time from 7.30 to 7.00 pm, it became just possible to make the last ferry. Monte Skelton and I are now able to attend regularly. In 2019, I will be qualifying for my 50 year pin.

Riondel Library Annual Open House

Friday, April 20, 2018, 6-9pm

Also: Official Opening of Riondel Historical Society
new space in library

READERS:

Linda Crosfield
Luanne Armstrong
Susan Hulland
Alanda Green



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Tom's Corner

by Tom Lymbery
Bluebell Lodge of
Instruction



From 1951 to 1972 Riondel had a close connection with Kaslo Masonic Lodge No 25. Many of the workers at the mine became members of this institution. There were more than enough to keep the Lodge active in Kaslo, to the point that there were more from Riondel than from Kaslo.

So the Bluebell Lodge of Instruction was formed in Riondel to allow them to practise the memory work required. The officers who were elected served two terms of the same office, the first year in Bluebell and the following year in Kaslo. This meant that the work in the senior lodge in Kaslo was as close to perfect as practice would allow.

Between 1958 and 1975 most of the Principals of the Lodge - Hunter McClure, Geoff Noden and others - were from Riondel. For their meetings, according to Terry Turner's book Bluebell Memories (1997), Consolidated Mining & Smelting Co. allowed a room upstairs in the building which in earlier years had been the company's main office. Charlie Sherwin (manager of the Bluebell mine in the 1920s) was an active member of both Kaslo 25 and Kootenay No. 3, the Kaslo Chapter of the Royal Arch Masons. Charles Sherwin also served a term as Grand First Principal of the Royal Arch Masons of British Columbia. As such, he was expected to make an official visit to most of the Chapters in B. C.

In the early 1950s the primary transportation on the lake was still the sternwheeler SS Moyie, so Kaslo was the business centre serving Riondel. For example, in 1951 the Kaslo Drug Store opened a branch

14 Mainstreet April 2018

301 A Avenue Kaslo Masonic Lodge

Granted a warrant in 1895, Kaslo Lodge was the 25th Lodge warranted under the Grand Lodge of British Columbia & Yukon - itself organized in 1871.

- The "Green Bros" building was built in 1893;
- The upper floor Lodge room was furnished in 1896 at a cost of \$1,200.
- The Kaslo Post office was originally in the rear of the Green Bros store.
- The store and the post office both eventually moved to Front Street.
- Henry Giegerich passed ownership of the building to the Brethren of the Lodge in 1938.
- In the 1940s the lower floor was used during the Japanese-Canadian internment in Kaslo as a medical clinic by Dr. Shimo Takahara and a dental clinic by Dr. Banno.
- The foundations of the lodge building were improved in 1976.
- This is the oldest wooden Masonic Lodge building in western Canada still operating and in regular use - practicing Freemasonry & fellowship monthly for well over a century.

Regular communications:

- on the first Friday of each month, excepting January and February at 7pm sharp, Holidays excepted.
- All visiting brethren are more than welcome.

For more information about Freemasonry, please visit the website of the MW Grand Lodge of BC & Yukon: www.bcy.ca

~ A.F. & A.M.
Kaslo #25



This new sign, designed by Tyler Dobie with research assistance from Elizabeth Scarlett, both of Kaslo, was recently posted on the Kaslo Lodge. This adds much more information for residents as well as for visitors on a historical tour of Kaslo.

in Riondel, as did the Kaslo Mercantile. Kaslo was the next port for the Moyie after Ainsworth. CM&S always had a boat ready to take emergency patients to the Kaslo hospital. Dr. Barrera made weekly trips to Riondel from Woodbury in his own boat to be able to see patients.

Kaslo held its first Masonic meeting on October 1 1894 and the charter to Kaslo Lodge No. 25 was

Continued on page 20



pebbles by Wendy Scott

April Rain

The colour of April in the rain:
There is a forest in the middle

of town, a forest of trees, marshland and creeks – thick now with big golden bracts of skunk cabbage. It thrives here and will grow progressively taller as we move toward summer. Down by the entrance to Riondel Campground, clumps of white snowdrops nod under the trees. The park smells of pine needles and mulch, tiny green leaves unfurl beside the roadway and robins are busy as robins always are when raindrops augment their hunting skills. Returning swallows are not so happy; aerial aerobics aren't much good in wet weather.

At the top of the beach, upturned kayaks and rowboats gleam red, yellow and turquoise in the rain. The lake is so low that the MV Osprey must operate with weight restrictions. Speckled stones ridge the sand between patches of old snow all the way down to the water's edge – pink and blue, deep red and gold, some hold the glisten of galena and a few are pure, intense white. Water moves gently over the multi-hued stones. This year there's snow on the beach and the mist hanging low between the mountains could bring more snow. The Bay has become a quiet, private place.

It was this time of year when we were led by a springtime rainbow down a Cowichan road on Vancouver Island – the end of the rainbow colouring grass beside the road, always ten feet ahead of the car. We stopped and the rainbow stopped too. We moved again and so did the tantalizing arc. It remained, just out of reach until we rounded a curve and the illusive light show vanished.

By that time we had passed by the neat, well orga-

nized town of Maple Bay. We turned a corner at the end of a road and kept going through grassy fields left flat by glacial ice. That same ice had held and shaped the surrounding cliffs and carried erratic boulders from ancient mountains until each one rested, huge and impressive, on its own cushion of meadow. To convey their bulk to film, these rocks require a human standing with back to camera and arms spread wide. Then that person might lay a bare hand on the smooth rock face and realize the passage of ten thousand years, here, on this patch of grass.

Across the fields we passed a couple of sub-division type houses, but it was a collection of waterfront buildings in the cove that caught our interest. There, on a wharf jutting out into Genoa Bay, we found the Grapevine Café. We were the only customers on that misty, quiet afternoon and if we had not followed the end of our rainbow, we would not have discovered their super-sized chocolate chip muffins.

"The muffins," we asked, "Did you make them?" "Oh no!" she replied, "We get them fresh from Costco every morning!" So, this is not a Chocolate Factory, it is just efficient and practical management and we are reminded that too many questions may destroy the image of a dedicated cook, rising at daybreak to prepare her private recipe. Instead we have a waitress rising somewhat later and dashing into Costco on her way to work to un-pack and un-wrap all those muffins (but their appeal is somehow diminished).

At first glance the Bay appears to consist of a marina, store, café, and a small art gallery, but it only takes a short walk to discover the real community. The dock extends out into Genoa Bay like a crooked wooden Main Street and, snugged up on both sides, boat houses and float homes flaunt window boxes, frilly curtains and a muddle of happy looking paint jobs. Walk a bit further and you will find more float homes complete with flower beds; some of these are

decorated with shells and green glass balls from the sea. There are even a few with potted fruit trees.

How long is Vancouver Island? If you could draw a line from Sooke in the south to Cape Scott at the northern tip, it would be about 450 kilometres. However, if you tried to follow the coastline, precisely, bending in and out with all the bays, coves, fiords and inlets, you might reach 27,000 kilometres before completing the entire coastline or running out of tape, or string, or breadcrumbs or whatever you use to measure coastlines.

This crooked route traces many more off-shore communities. There seems to be an un-written rule on the Island – if the shore line is relatively well protected, there must be construction on the water.

There was a time when float-home meant: built-from-scratch, unique, neighbourly and relatively inexpensive. That concept changed when developers entered the picture and now architect designed, 2000 square foot luxury with corresponding prices float side by side. But in Genoa Bay, and Cowichan Bay, they can still straddle wharves and docks.

Heading home again on that Easter Saturday, right beside the highway in Erickson, we did find a chocolate factory and it really should be one of Roald Dahl's titles. It is called, The Chocolate Orchard. I spoke with Bob, one of the owners of this place that smells of Easter eggs, Christmas and Valentines all wrapped up in one package. He has been a candy maker for nearly thirty years. Surprisingly, there is a connection here with those misty bays and inlets on Vancouver Island. Bob spent many years running a wholesale chocolate business at Cowichan Bay.

Continued on next page...

Deadline: Apr 25/18
mainstreet@eshore.ca

Smarter Than Jack or Jill

by Sharman Horwood

Animals are amazing, smart creatures. This column is about exactly that, and I am willing to write up any of your animal stories that show animal intelligence (not to mention cuteness). If you have a story that you wish me to write, please contact me at shhorwood@gmail.com. I won't use your name if you don't want me to, and the story has to be a true story or anecdote. Please include your phone number so I can contact you if I have any questions.

Soothing the Savage . . . Cockatoo?

(This story was originally told to me by an American friend. A Facebook video of a cockatoo enjoying music brought the welcome memory to mind.)

Some species of birds are very smart. Corvidae, for example, includes crows, ravens and jays, and these birds are particularly intelligent. The New Caledonian crow is known to make hooks to lever grubs out of their holes. In other words, it makes tools and their young learn from the parents' behaviour to do the same. However, another group of birds is also known for its intelligence: parrots. Along with the New Zealand Kea, the African Grey parrot is exceptionally smart. Individuals of this breed have been known to learn over 100 words, along with the ability to distinguish between objects, colours, materials and shapes. This intelligence, and the ability to communicate, make them popular pets. Cockatoos are particularly in demand as well.

My friend Lindy had admired parrots since she was a small child. She'd seen a documentary on the famous African Grey trained in Japan that had escaped. Though it was lost, the bird was able to recite its owner's name and address and was quickly returned home. Some parrots, such as the Amazon green, can also live as long as 70 years, given good health and the right care. Lindy

chose a sulfur-crested cockatoo as a suitable bird for life in an apartment. In the pet store, it sat in a cage alone, yet looked lively and bright. She named the bird Serendipity, or Sera for short.

She looked forward to becoming friends. However, once home the cockatoo crouched in a corner of the cage, and refused to interact with her. She gave it the food recommended by the pet store: some corn, a piece of fruit, but the bird refused both. Lindy knew Sera was eating because the food would disappear overnight. She was disappointed, and called the store. The clerk said to give the bird some time to adjust. It may have been reacting to the sudden change, she said, or the loss of the company of the other birds in nearby cages.

Lindy did. But Sera grew more withdrawn. Thinking that it was lonely, she brought home another cockatoo, unfortunately with disastrous results. She placed the two cages next to each other and Sera started screeching at the other bird. Flailing her wings, crest raised, Sera beat at the bars of the cage as if she'd climb through it to attack the new bird. Lindy separated the cages, but even after a week, Sera continued to fight with the new bird. She tried to bite Lindy every time she offered fresh pieces of fruit, hissing at her vehemently. Lindy was shocked. She'd never seen aggressive behavior in parrots, and cockatoos were known for their loving nature.

Then her cousin, David, came to visit. He was a musician and played the guitar. (Unfortunately, he enjoyed singing as well, though he wasn't much good at it.) He was in town for a gig and Lindy was happy to give him her couch for a few nights. She welcomed the guitar, too.

In the morning when David got up, he'd play the guitar before he had his first cup of coffee. He'd pick out a few tunes, humming along with them, before breaking out into full song.

Behind him, in her cage, Sera went very quiet, and still. Like some people, the bird wasn't an early riser, Lindy had noticed. While listening, though, Sera

stopped screeching at Dippy, the new parrot (it liked to dip its head when Lindy stroked it). After two days, Sera started to bob and hop from one foot to the other while she listened to David play. She ignored Dippy, and concentrated on the music instead.

Cockatoos are intelligent birds, and voice a wide range of sounds in the wild. In fact, they can be so vocal, particularly with screeching, that some of them can become a problem in the home. Obviously, the music appealed to Sera, possibly as a substitute for the call of other cockatoos. Lindy encouraged David to play more, and watched Sera.

The relationship between music and intelligence is problematic. Some researchers maintain that music improves math skills in students. Others claim that that may be more a result of the students coming from affluent families who can afford to pay for music lessons, and thus shows that the math ability may be the result of an enriched home environment instead. However, according to the journal *Advances in Cognitive Psychology*, music has a "beneficial effect on higher cognitive functions," particularly among children. They also found that there is a strong link between music and emotional intelligence.

Whatever the effect David's music was having, Sera responded to it as children do. Even after David left, Sera would hop and bob whenever Lindy turned on the stereo. Eventually, Sera became friendly with Dippy to the point where Lindy had to invest in a larger cage to hold them both, and when she let them fly around the apartment, they would interact with each other, screeching and pushing, racing to the curtain rod and back to the cage top for some cooperative grooming.

Sera turned out to be a very intelligent, loving bird. Lindy only wished the bird had remained a late morning riser. Instead, after David left, Sera would screech at Lindy to get up! if Lindy was slow in responding. Sera wanted music first thing in the morning.

"Pebbles" Continued from previous page

Luckily for us, he packed up his chocolaty talents and brought them to an orchard in the community of Erickson (all that temptation, just ninety minutes away) and, yes, he does pick the fruit from his trees and wraps it lovingly in wonderful chocolate. There is candy too, without the fruit, and salt water taffy and even sugar-free confections. So you can indulge with guiltless pleasure. Or, you can buy a monstrous chunk of the pure, dark stuff and chip away at it, sliver by sliver for a long time or until it is discovered by other family members.

And still closer to home, April had arrived in Kootenay Bay, along with eight goslings and many swallows and when spring slips into summer you can watch an osprey fall head first like a feathered bullet from an impossible height into the lake to emerge clutching a large fish and shaking it vigorously while flying over sunbathers on the beach.

In town, forsythia splashes back lanes and gardens with bright yellow sunshine. Nectarines and peaches show deep pink buds; cherry trees and apricots don abundant white blossoms. The bees will certainly noticed all this and fill the afternoon with their steady drone. And, if you listen carefully, you might hear the distinct and glorious song of the red-winged black-bird.

Tomorrow I'll go to the park again. I'll pick snow-drops. I will go down to the water's edge. There aren't any float homes on this lake, but it will soon be warm enough for houseboats from Kaslo to visit the beach. Then summer will be waiting for her cue. In the meantime I will enjoy the gentler days of April, the colours and sounds and smells of springtime in Riondel. And, perhaps, a piece of chocolate. Yes.



Holistic Health Tips
by Kim Young
Natural Ways to Calm Everyday Anxiety

"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength"
- Charles Spurgeon

Anxiety is something many of us deal with on a daily basis. Unfortunately, there are some individuals who are so incapacitated with constant thoughts of anxiety that their daily activities of life are impacted.

While medication is available to help with anxiety, it does not need to be the first line of treatment you seek out. Many prescription drugs come with a lot of adverse effects and may also cause the user to build up a dependence to the drug.

There is good news though - there are a number of natural ways to calm your anxiety. These natural options don't come with lingering negative effects and are likely to help you cope better in the long run. Let's explore some of these natural methods to calm everyday anxiety:

Meditate: Meditation should be the core of a natural strategy to manage anxiety, since it helps ground your irrational fears. While we all have apprehension of the future, meditation helps us to focus on the present moment.

The goal of meditation is not to block out negative emotions, but to help us learn not to linger on them. Get started first thing tomorrow morning- just sit peacefully for 5 minutes at the beginning of your day. Let your thoughts enter your mind freely, but don't let them linger. Notice what they are and send them on their way. The goal is to have control over your thoughts and not let them ruin your day. As Louise Hay said "It's only a thought, and a thought can be changed".

Sleep: Lack of sleep causes your brain to go into overdrive. Your imagination can play all sorts of tricks on you and decrease your emotional tolerance as a whole. You may find that after even just one night of tossing and turning, your performance will decrease, and you'll be prone to anger and agitation. Strive for a minimum of 7 hours of restful sleep nightly to keep your brain chemistry balanced.

Exercise: There are few things that are comparable to the range of health benefits exercise offers. Similar to sleep, it helps to naturally manage anxiety and depression by increasing levels of feel good and stress busting chemicals known as endorphins.

Even though exercise does temporarily increase adrenaline levels, the endorphins temper its effects and leave your mood on a high for hours afterwards.

Eat Dark Chocolate: Dark chocolate has numerous benefits to your health. We are not talking about the typical sugar laden variety. Dark chocolate (at least 70% cocoa) is particularly effective in reducing the impact that the stress hormone cortisol has on our body, including precipitating anxiety.

Dark chocolate is unique in that it relays a relaxation response from the stomach to the brain.

Try To Get Sunlight Daily: People in colder climates may develop a condition known as SAD (seasonal affective disorder), which comes on during the winter months when sun exposure is limited.

Symptoms of SAD include depression, irritability and increased anxiety, all of which are resolved upon exposure to sunlight. If you are unable to get exposure to the sun when winter comes, artificial light therapy has been shown to help improve symptoms.

Consume More Omega-3 Fats: Omega-3 fatty acids are strong anti-oxidants, and may help to stem the cause of your anxiety. Typically, the two hormones that are elevated when we are anxious are cortisol and adrenalin, both of which respond negatively to the influence of oxidation.

Omega-3 fats combat excessive oxidation and are anti-inflammatory, boosting production of serotonin and dopamine, and helping to keep your anxiety response normal.

Essential Oils: My favorite natural way to help ease anxiety is using essential oils. There are many oils that have a calming influence, but my favorites are: lavender, rose, ylang ylang, bergamot, chamomile and frankincense. Put a few drops of one, or even a blend of a couple of these oils in a diffuser and let it run during your day. If you're in a hurry, pour a drop or two into the palm of your hand, rub your hands together to warm the oils, and inhale from your cupped hands. Your anxiety will melt away.

Unfortunately, anxiety may be a part of your life, but using one or all of these natural methods will set you on your way to a calm and happy day.

Kim is a Holistic Health and Lifestyle Coach, Functional Aging Specialist and Reiki Master who lives in Kootenay Bay with her husband Jim and their dog Buster. Her website is: www.holistic-health-tips.com

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Golf Kokanee Springs Ladies Day
by Shelley Bumanis

Hopefully spring is well on its way after the record breaking winter and as this article is printed everyone is starting to think about . . . Golf . . . a game played on a large open-air course, in which a small hard ball is struck with a club into a series of small holes in the ground, the object being to use the fewest possible strokes to complete the course.

Kokanee Springs Resort opens for the 2018 season April 20 and Ladies Day will start the following Tuesday April 24. Kokanee is once again offering a great rate on Green Fees for Ladies Day. You pay only \$60 for 18 holes including cart, \$42 if you choose to walk or \$32 cart included if you can only join us for 9 holes. You also receive a 15% discount on pro shop merchandise on all items excluding golf balls and clubs. The above only applies to those that are participating with the Ladies Day Club.

Tee times start at 10:30 so please be up at the Pro-Shop for 10:00 where the foursomes are set up and the game of the day explained. Skins are also played (one tie all tie) and for those that choose to participate make sure you bring some quarters. Interested in joining us, email our new Club Captain Anne Olthof asolthof@gmail.com or call the pro-shop at 250-227-2005 by noon Monday's to be added to the list. If you have an index/factor please include that as well so handicaps can be determined. If you can golf at the last minute show up for 10:00 and we'll fit you in.

All calibres and ages of golfers are welcome to join Kokanee Springs Ladies Day. Come make new friends or visit with the old but either way come for some fun and a few laughs. The more the merrier.

Better At Home

by Rebecca Fuzzen

It's April 2018 and East Shore Better at Home Program continues to provide and offer transportation for seniors. When a person does not drive their need for a ride can be met by another person. Parents (for those still in adolescent years) friends, family and volunteers are all drivers for those who do not drive and they fill in this transportation gap. Our gap here on the East Shore is especially noticeable because there is no public transportation.

People on the East Shore already help each other out: Fetching things for neighbors from town, plowing each-other's driveways and offering a ride or carpooling when necessary. But did you know that if you are driving your senior neighbor around and both you and the senior are registered in the Better at Home Program that the driver can get money for mileage? Also when there is a log of kilometers being driven for those who don't drives it helps us to attain data that can be put towards attaining future funding for things like public transportation on the East Shore. This is just a thought.

Some seniors in our area do not have family living near or a strong network of friends and neighbors to help them out and this is where Better at Home can help especially when it comes to getting groceries and a ride to the doctor.

As the Better at Home Program continues to grow we continue looking for and recruiting fresh blood. For people thinking of joining now is a great time because there will be training for volunteers coming up in the spring. We are also looking one or two more committed people to join our advisory board.

If you have questions or comments please don't hesitate Tel: 250-505-6717. E-mail: betterathomeeastshore@gmail.com

Memorial Wall

Whether your loved one has scattered ashes, was buried elsewhere or was 'beamed up', the **Memorial Wall in Gray Creek Cemetery** can mark their time here.

Visit the unique woodland cemetery on Oliver Road South and contact **Tom at lymbery@netidea.com** for a handsome brass plaque.

Notice of Passing

Ralph Wirsig

Aug 19, 1937-March 17, 2018

Died peacefully in Kingston on March 17, surrounded by his family: wife of 56 years, Kathryn, children Jay (Margo), Susan (Scott Gibbard) and grandchildren Emma, Kate, Heidi and Grace Wirsig, and Sydney, Molly and Max Gibbard. He also leaves brother Horst, sisters Wally (Roy), Gertie and Sieglinde (John), sister-in-law Ann Wirsig, brother-in-law Douglas McQueen (Mary) and 18 nieces and nephews.

He was born August 19, 1937, in the Pas, MB, to Oscar and Frida. The family moved to a farm near Sundre, AB, and then to a sawmill operation in Gray Creek, BC, before Ralph went off to study mechanical engineering at the University of Alberta. After graduating in 1960, he took job at DuPont of Canada in Kingston, where he met Kathryn. They married in 1962 and Jay and Susan were born soon after.

Ralph had a legendary work ethic. A lifelong learner and prolific inventor, he authored many patents at DuPont, where he retired as senior research scientist in 1996. He and Kathryn then designed and moved to their dream house on Buck Lake and he launched a company to sell his own, patented inventions, the Kay-aarm and the Kayaleg, essential devices for avoiding spills when getting in and out of a kayak. He also built a nesting platform on the lake and became surrogate nest father to generations of loons.

Ralph's most cherished life project was finding ways to have fun with his children and grandchildren. His ingenuity, athleticism and boundless energy allowed him to keep up with them right to the last week of his life, skiing in Vermont. He built a tree fort to give the grandkids a place to play on their own but didn't pass up a chance to join them in a wide variety of winter and summer sports, dancing, card games, or to pick wild berries to make sundaes with cream. Ralph leaves a rich legacy. He is deeply missed.

A celebration of Ralph's life was held Thursday March 29 at The Opinicon Lodge, 1697 Chaffeys Lock Road, Elgin. In memory of Ralph, donations can be made to UHKF-KGH Critical Care.

Hospice Report

by Susan Dill, Coordinator

As human beings, we tend to gather things that we love: objects, experiences and people. We take care of everything as best we can, but sometimes it's necessary to let go of something or someone we love, whether we want to or not.

As hospice volunteers, our job is to help you to let go. You may be at the end of your life or you may be saying goodbye to someone you love. Loss is different for each person--the process of dealing with loss is called grieving.

The symptoms of grief can affect us on all levels. Sometimes it is hard to relate something that is happening to us as a reaction to loss. We may have emotions that seem inconsistent with losing a loved one or being in the position of dying ourselves. Anger and resentment towards the person we are losing or the situation we find ourselves in are emotions that are difficult to acknowledge. Perhaps we are happy when our own death is imminent, and we don't feel that we can express these feelings for fear of hurting those we love.

This is where East Shore Hospice can help. We are volunteers and many of us have experienced the loss of a loved one. We are here for you. We provide a safe, non-judgmental and strictly confidential environment for you to express what you simply can't tell your family or friends. Grief makes us feel and say things we never thought we would. It gets messy at times and worse if we don't express what we are feeling. We at Hospice provide the means for you let it out without fear of hurting anyone. Sometimes it helps just to talk to someone not affected by your situation.

Grieving is hard work. We are here to help.

Watch for more articles and information on Hospice that will be posted regularly by Barb Kuhn and /or Maggie Kavanagh or any one of our volunteers East Shore Hospice

If you or someone you know needs hospice care please contact Susan Dill, East Shore Hospice Coordinator at the East Shore Health Centre - 250.227.9006. In addition, there is a free library with hospice related books.

The library is best accessed at the hospice office on Tuesdays between 10am - 2pm or by arrangement.

Next Deadline:
April 25, 2018
mainstreet@eshore.ca
www.eshore.ca

Cell: 250.505.7697
Landline no longer
in service... sorry for
inconvenience!

Remembrance Garden

by Wendy Scott

As -- Springtime. Watch for the Garden Cleanup and by that time there should be a new plaque installed for Harry Zellinski.

Have a walk through and remind yourself of special friends, neighbours and relatives who are no longer here to walk with you.

Wendy Scott -- 250-225-3381
Muriel Crowe -- 250-225-3570

April 2018 Mainstreet 17

Spring 2018 Highway Clean-Up

Date: Friday, April 20, 2018

Join your neighbours, students and local businesses in cleaning up our roadways and public places!

Call/text John at 250.354.3324 or email jsmith2000@gmail.com to get on the list for Riondel to Gray Creek.

Bags will be issued to each person (you can get yours on Thursday, if Friday doesn't work for you! You can even do your picking up on Thursday if you'd like...)

Bags/boxes will be picked up by trucks starting around noon.

Honk for the volunteers & please drive carefully.

Happy Spring!

Sponsored by the Kootenay Lake Chamber of Commerce, and with thanks to Yellowhead Road and Bridge.



SERVICES DIRECTORY/CLASSIFIEDS

The Service Directory is a great way to have your business listed as a reference for those shopping for a particular professional service. Keep your phone number handy and your message clear.

AUTOMOTIVE/MARINE

EASTSHORE AUTOMOTIVE - Service & Repair 250-227-9370

NORTHSTAR CRESTON - 1-800-551-9351 Full service 8-bay shop featuring Certified Service lube, oil and filter starting at \$22.95 plus parts & eco fees. Full line of major tire brands, GM & AC Delco parts and batteries.

BUSINESS SERVICES

MUTUAL FIRE INSURANCE of B.C. Quotes on Homes, Mobiles, Farms & Tenants. Seniors discounts at 55. Home Protection; No Claim; New Home. ph/fax 250-428-7937, broker Virginia Harder.

CONSTRUCTION/CONTRACTORS/TRADES/REPAIRS/GENERAL HELP

ALL-SERVICE HANDYMAN - Mark Johnston. Call 250.505.4983 or email: markjo59sol@gmail.com

HULLAND AND LARSEN CONSTRUCTION - experienced residential construction & custom finish work. 250.551.2915 or 250.505.3570. (see ad in contractor section)

STEEL WHEELS - Septic systems planned & installed. We dig too, mini hoes for you. Dave/Donovan. 250.354.8498

THE GREEN MACHINE - Excavation, Landscaping, Installation of Waterlines. Ph.: 250.225.3485

TURLOCK ELECTRICAL CONTRACTING LTD. (See colour ad in this issue for more information.) 250-227-9688 or 250-551-4671

PERSONAL CARE/HEALTH

ALEXIS PHILLIPS, M.A., R.C.C. - Registered Clinical Counsellor specializing in complex trauma, relationship issues, grief & loss, anxiety & depression. Apptmnt/consultation, call 250-509-0368. Email: alexandralianephillips@gmail.com

BLANCHE TANNER - Breath Practitioner, (Family Constellation) Heart-Centred Therapy (Meditation), Healing Emotional, Physical & Sexual Abuse, Addictions, Relationships, Anxiety, Depression. 227-6877

COUNSELLING & SUPPORT SERVICES: Free and Confidential for children, adults and families. Services include: Adult Mental Health and Addictions; Child Youth Mental Health; & Family Support. Call 1-866-774-5324 (toll-free) or 250-353-7691. North Kootenay Lake Community Services Society.

EAST SHORE HOSPICE - Palliative care for anyone facing life threatening illness. Confidential support for individuals and their loved ones. Hospice can also provide grief and bereavement support. 250 227 9006 ext 29 - eastshorehospice@gmail.com. Volunteers needed - volunteer training offered once a year. Please contact for more info

FIRST CONTACT EAST SHORE MIDWIFERY - Sylke Plaumann, registered midwife. 250-227-6846.

KOOTENAY SOUND HEALING CENTRE on Riondel Road, offering sound healing treatments, gong meditations and Acutonics® classes. Theresa Lee, certified Acutonics® teacher and practitioner, 250-225-3518 kootenaysoundhealing.com

LISA SKOREYKO R.AC. - Registered Acupuncturist. 250.777.2855. Unit #9 Crawford Bay Inn. 16210 Hwy 3A, Crawford Bay.

REGISTERED HERBAL THERAPIST, MASTER HERBALIST - Maya Skalinska, M.H., R.H.T. Iridology, Tongue & Pulse analysis, Nutritional consultations, individual herbal remedies, Flower Essence consultations & remedies. For appointments, please call 250-225-3493.

REGISTERED MASSAGE THERAPIST: Harrison Tanner - Over 30 years clinical experience. Treatment of Lumbo/Sacral Strain, Whip Lash, Frozen Shoulder, Migranes/Headaches, TMJ problems, & Stress. No doct refl req'd. 227-6877/cell: 505-6166.

SUSAN SNEAD - MASSAGE: Certificates/training in Ayurvedic massages, Reflexology, Polarity Therapy, Acutonics Practitioner, Fibonacci tuning fork alignment, Astrological Counselling. 250- 225-3520

RESTAURANTS

CRAWFORD BAY HALL & COMMUNITY CORNER BUILDING - available for community events, wedding receptions, workshops etc. Non-smoking facilities. Call Kathy, 227-9205.

NEWKEY'S PLACE - Hwy 3A in Crawford Bay, licensed area. Open 10 am til close Monday to Sunday. Food Specials all day. 227-6911.

ROCKWOOD CAFÉ - Authentic Chinese food, and perfect burgers. Open Tues - Sun. Hwy 3A Gray Creek. 227-6840.

YARD/LANDSCAPING/SITE PREP

TREE SERVICE, RESIDENTIAL - Fully insured Limbing, Pruning, Topping, Falling. Danger Tree Assessments, Free Estimates. Call James Linn at 250 225 3388

INTERFACE WILDFIRE PREVENTION: FireSmart Canada Consultant - Assessment and Mitigation of Wildfire Hazards - Brushing, Thinning, Limbing, Clearing - Burning Permits - Multi-Use Trail and Access Road Clearing/Maintenance. Farley Cursons - 250.505.6489/interface.strategies@gmail.com

Next Deadline:
April 25, 2018
mainstreet@eshore.ca

- Planning a wedding?
- Holding a meeting?

Consider renting the
BOSWELL HALL
Booking/info: Rose at 250.223.8288

Thinking of Renovating?



We can review your house insurance policy with you. Be sure to keep it up-to-date!

Our Hours:
Tuesday - Friday 9 am - 5 pm
Closed from 1 - 2 pm
Saturday 8:30 - 12:30

Kootenay Insurance Services Ltd.
#16030 Hwy 3A, Crawford Bay
Phone: 227-9698

YOUR HALL IS AVAILABLE!
For community events, wedding receptions, workshops... you name it!
Booking: Kathy Donnison - 250.227.9205

CRAWFORD BAY HALL
Your community hall
A non-smoking facility

CLASSIFIED ADS

BUSINESS ANNOUNCEMENTS

Insurance Certification requires professional chimney installation - we are the pros - Gray Creek Store, 250.227.9315

BUSINESS SERVICES

Fax service, photocopies, (with no PST/GST) Tom Lymbery - Notary Public, 250- 227-9315, fax 227-9449, 250.227.9448 for Notary Public.

EMPLOYMENT/JOB OPPS

Black Salt Cafe is considering applications for the following positions: line/prep cook, dishwasher, barista & server. Contact Terry or Todd at either soyoucansendmemail@gmail.com or 250.551.3455.

Red's Bakery is now hiring full-time & part-time positions for the 2018 summer. If interested, please send resume to rydavista@gmail.com Only resumes sent via email will be considered.

CLASSES/WORKSHOPS

YOGA CLASSES: Hatha Yoga with Melina Wed. 9:30am to 11 at Community Corner in CB and Thursday 9:30am to 11 at Boswell Memorial Hall, all levels \$10 drop-in. Practitioner Thai-massage. For info/appointment yinyogi@hotmail.com/250-509-4111.



NOT YOUR AVERAGE VOLUNTEER GIG
Serving the East Shore.

Join us. Be a volunteer responder. | RIONDEL FIRE/RESCUE SERVICES
Call 250.551.1352



NO PET LEFT BEHIND!

A monthly mobile veterinary clinic located at the Crawford Bay Motel, Unit 6.

Upcoming Clinic Dates:
April 3 & May 8

Please call Creston Veterinary Hospital to book your appointment today!

CRESTON VETERINARY HOSPITAL
Your Hometown Vet!
250-428-9494
www.crestonvet.com

BULLETIN BOARD

**Community Notices, Thank You's, Not-For-Profit Announcements
(all not related to business), Church Calendar & Meeting Places -
free on the Bulletin Board.**

CHILD HEALTH CLINIC, ADULT IMMUNIZATIONS, PUBLIC HEALTH NURSE

Will be at the East Shore Health Centre monthly.
For information, call Creston Health Unit at 250-428-3873.
EAST SHORE HEALTH CENTRE Call 227-9006
See calendar for doctor days - Doctor hours are from
9:30am to 4:30 pm. Please call 227-9006.
Interior Health Authority, Community Care Nursing
and Home Support Services - 250-352-1433.

PHYSICIAN COVERAGE FOR April 2018

**Note: Call to cancel if you can not make your
appointment. We always have a wait list for
patients needing to get an appointment.**

**Sorry, no schedule
provided...**

Call to make appointments at 227-9006
on doctor days and Thursday morning.
Tues, Weds & Thurs (8:30 to 12:30)
Phone: 250-227-9006 Fax : 250-227-9017

HEALTH PHONE NUMBERS

ES Health Centre: 227-9006
Drug & Alcohol: 353-7691
Child & Youth: 353-7691
Community Nursing: 352-1433
Public Health Dental Screening/Counseling: 428-
3876 Hospice: 227-9006
Baby Clinics: 428-3873
Mammography Screening: 354-6721
Physiotherapy: 227-9155
Massage Therapy: 227-6877
Mental Health Crisis line - 1-888-353-CARE (2273)

BOSWELL HALL HAPPENINGS

Yoga - Thursdays, 9:30 - 11:00am. Contact is Marilyn
Arms 250-223-8058
Fitness - Mondays and Thursdays, 9 - 10am, Con-
tact is Darlene Knudson 250-223-8005
Book Club - Thurs April 12 at 2pm. Contact is
Melody Farmer - 250.223.8443
Quilters Guild - Tuesday, April 17 at 1pm. Contact
is Linda Brown: 250.223.8607
Vinters - Sunday, April 15 at 2pm. Contact is Alan
Mayder: 403.467.5720
BADEV - Monday, April 2 at 10am. Contact is Rod
Stewart - 250.223.8089
FOCUS ON HEALTH - Apr 23 at 10:30am. Con-
tact is Margaret Crossley. 250.223.8455

BOSWELL HALL SPECIAL EVENTS

April 14, 6pm: Spaghetti Feast Dinner - Saturday,
April 14 at 6pm. Tix at Boswell Post Office.
April 25: Earth Day Cleanup of Boswell and area
highway. Contact Wes and Jan Brooks, 250.223.8667

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tal subscription. A link will be sent to
your inbox monthly and your fresh,
new **Mainstreet** is a click away.*

Eastshore Circle of Friends Society AGM
April 18 2018 @ 2:00 P.M. at 235 Fowler St Riondel
Seeking new artisans and authors Everyone welcome

**Next Deadline:
April 25, 2018
mainstreet@eshore.ca
www.eshore.ca**

COMMUNITY HEROES

a Mainstreet Feature

*Who have you seen doing great things? Who
gives back to their community with a full
heart? Who deserves a nod? Send the name of the
person you'd like to recognize and a brief descrip-
tion of why you think they hold the esteemed title
of... Community Hero!*

Monte Skelton of Gray Creek is a community hero. He
spent much time sprinkling the cement in the Fraser Pavilion
to make skating possible. He volunteers at the school, washing
dishes for the lunch program.

Everyone who serves on community boards help-
ing re-vitalize this area and reminding us of what community
really is...

East Shore Hospice for helping us through the most chal-
enging of times - thank you for your service.



The Mainstreet is a community-written monthly newspaper
that serves the communities of Wynndel through Riondel and
Balfour. It's available at the following stores for retail:
Wynndel Foods - Wynndel, Destiny Bay Grocers - Boswell,
The Lakeview - Gray Creek, The Gray Creek Store - Gray Creek,
The Crawford Bay Store - Crawford Bay, Riondel Market -
Riondel, The Osprey 2000, and the Gill and Gift in Balfour.

Contact: Ingrid Baetzel, Editor

Phone: 250.505.7697

Box 140, Crawford Bay, B.C. V0B 1E0

Email: mainstreet@eshore.ca

Web: www.eshore.ca

ADVERTISING RATES

\$35 - 3.25 wide X 1.75 tall (inches)

\$40 - 3.25w X 2.5t

\$45 - 3.25w X 3t

\$50 - 3.25w X 4t

\$55 - 3.25w X 4.5t OR 6.75w X 2.25t

\$65 - 3.25 X 6t OR 6.75w X 3t

\$85.00 - 3.25w X 9t OR 6.75w X 4.5t

\$100 - 3.25w X 10.25t

\$130 - (1/4 page) 5w X 7t

\$150 (1/3 page) - 6.75w X 7t

OR 3.25 w X 14.5t OR 10.25w X 4.5t

\$225 (1/2 page) - 10.25w X 7t

\$400 (full page) - 10.25w X 14t

Sample Sizes - more sizes available.

Column Width: 3.25 inches - double width: 6.75
inches - full width: 10.25 inches

Services Directory: \$5/month, up to 3 lines.

Classified Ads: \$5/first 30 words,
10¢/word additional

****THESE RATES ARE FOR B/W ADS ONLY****

FOR FULL COLOUR, ADD 30%

CHURCH/MEETING CALENDAR

RIONDEL COMMUNITY CHURCH

April 2018 SCHEDULE

**April 1: Easter Sunday - Harrison Memorial
Church - Crawford Bay**

Music: Richard and Ramona

April 8: Ramona Dannhauer, 1pm

Music: Richard and Ramona

April 15: Catherine Rose, 11am

Music: Deberah Shears

April 22: Derrick Smith, 1pm

Music: Deberah Shears

April 29: No Service

CHRIST CHURCH & EAST SHORE CONGREGATIONS

ST. ANSELM'S CHURCH BOSWELL (Anglican)
No services at the present time. Contact Christ
Church Creston for info - 250.428.4248

HARRISON MEM CHURCH, ANGLICAN

Crawford Creek Rd., Crawford Bay Everyone Welcome!
For info, please contact Deberah Shears at
250.225.3336 or Rev. Leon Rogers: 250.428.4248

KOOTENAY LAKE COMMUNITY CHURCH

A Lighthouse on the East Shore

Come & join us Sundays at 10 am.

Coffee fellowship after the service.

Pastors Richard and Ramona Dannhauer
16190 Hwy 3A, Crawford Bay 250.227.9444

YASODHARA ASHRAM

Satsang (non-denominational, "in the company of the
wise"), each evening 7:30pm. Everyone welcome,
250.227.9224

MOST HOLY REDEEMER CATHOLIC CHURCH, RIONDEL

Fr. Sylvester Ibekwe Phone: 428-2300 Fax: 428-4811
Sun Mass at 2pm. 1st Sunday of month,
Fellowship Sunday.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

1520 Campbell Avenue, Riondel, B.C.

Meetings begin at 10 am, every Sunday.

Info call, 250-227-9522

CHRISTIAN SCIENCE CHURCH SERVICES

Held in the Anglican Church, 8151 Busk Rd, Balfour

Sundays, 9:30 am

All welcome!

For info, call: 250.229.5237

**Next Deadline:
April 25, 2018
mainstreet@eshore.ca
www.eshore.ca**

MEETING PLACES

LIONS CLUB - meets at the Kootenay Lake Community
Church - 16190 Highway 3A, Crawford Bay.

Meeting Times: 7 pm. Second and Fourth Tuesday of the Month
For More info call Lion Mike Jeffery - 250-227-6807 or Lion David
George at 250-227-9550 or Lion Jim at 250-227-9622.

TOPS - Take Off Pounds Sensibly: meets every Monday morning
at 8:30 am in the Kootenay Lake Community Church basement.
Call Myrna for more info: 227-9420

PARENT ADVISORY COMMITTEE

(PAC) Meetings usually held at 5:30 pm at the Crawford Bay
School on the first Weds of the month.
Email cbess.pac@gmail.com for info or to add to the agenda.

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Tara Shanti Yoga, 9:30-11 * Creston Vet, CB Motel, Unit 6	4 * Volleyball, CB School, 7pm * Yoga @ Comm Cmn, 9:30-11	5 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	6	7
8	9 East Shore Facilities Society AGM, 6:30 Learning Pl	10 Tara Shanti Yoga, 9:30-11 * Lions Meeting 7pm	11 * Volleyball, CB School, 7pm * Yoga @ Comm Cmn, 9:30-11	12 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	13 Matt Dufus, Newkeys	14
15	16	17 Tara Shanti Yoga, 9:30-11	18 Circle of Friends AGM, 2pm * Volleyball, CB School, 7pm * Yoga @ Comm Cmn, 9:30-11 Volunteer Training, CB Hall, 9:30am	19 Yoga w/ Melina, Bos Hall, 9:30 - 11am	20 Riondel Library Open House Workshops with Indigenous Elders - Ashram Hwy Cleanup	21 Trash to Treasure Day Workshops with Indigenous Elders - Ashram Beach Cleanup, CB Beach, 10:00am
22 Workshops with Indigenous Elders - Ashram	23	24 Tara Shanti Yoga, 9:30-11 * Lions Meeting 7pm	25 MAINSTREET DEADLINE * Volleyball, CB School, 7pm * Yoga @ Comm Cmn, 9:30-11	26 Tara Shanti Yoga, 9:30-11 Yoga w/ Melina, Bos Hall, 9:30 - 11am	27 Jurassic Mike, Newkeys	28
Full Moon 29	30					

THE HISTORIC GRAY CREEK STORE
EST. 1913

250-227-9315
graycreekstore.com



Mon-Sat 9-5:30 & Sun 10-5

A Sure Sign of Spring!
Watson Gloves Gardening Gloves are Here!
Yard Clean - Up Made Easy



Dump Carts, Wheel Barrows, Rakes and Hoes Have Arrived!



PLUS: WETT inspections & Free In Home Consults

Kootenay Lake Ferry Schedule

April/May 2018

Vessel	Departs Balfour	Departs Koot. Bay
Osprey	6:30 am	7:10 am
Osprey	8:10 am	9:00 am
Osprey	9:50 am	10:40 am
Osprey	11:30 am	12:20 pm
Osprey	1:10 pm	2:00 pm
Osprey	2:50 pm	3:40 pm
Osprey	4:30 pm	5:20 pm
Osprey	6:10 pm	7:00 pm
Osprey	7:50 pm	8:40 pm
Osprey	9:40 pm	10:20 pm

Transfer Station Hours

CR. BAY: Sun and Tues, 9am-3pm
BOSWELL: Weds/Sat 11-3

Bottle Depot at CB Market, Sunday/Thursday, 10am-3pm

East Shore Reading Centre:
Tues & Sat: 12-3 Thurs: 7-9 pm

Riondel Library:
Mon: 2-4 pm, Weds: 6-8 pm
Tues, Thurs, Sat: 10am-12:30pm